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EDITED AND PUBLISHED BY
MRS. KATE POWERS
SHELDON, - IOWA



INDUSTRY

To meditate, to plan, resolve, perform,
Which in itself is good—as surely brings
Reward of good, no matter what be done.
—Pollock.

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BY MRS. KATE POWERS

TO THE BRIDES

who are willing, by perseverance and industry
to become mistresses of the art of housekeeping
this book is dedicated

PREFACE

Housekeeping is an art, and, like other arts, must be mastered by a careful observance in regard to details. Work must be systematized, and a definite plan followed, if one ever becomes the mistress of housework.

A Judge's wife once remarked, "It takes as much brains to manage a house well, as to decide cases of law." We fully agree with her, and would like to add—that in many cases we believe it takes more.

In compiling this volume it has been the author's aim to give information of real value to all, and especially to the inexperienced; this has been done without sparing time or labor. Kind friends who are practically familiar with the subjects treated, have endeavored to state the processes as clearly and concisely as it is possible.

The within receipts are all reliable having been tried and proved. If you, my dear young friend, should fail at first in trying them, it may be inanimate objects were contrary. Remember no excellence can be gained without great labor in any other art, neither can you expect to become an adept in the culinary art without repeated trials; long, and often rough, is the road to success.

Our sincere desire is that we may straighten, somewhat, the intricate mazes through which you must pass in order to become the queen of the household duties, instead of the slave.

We hope that any mistakes found in this work will be covered with the mantle of charity, while we leave its merits to your generous judgment.

In the preparation of this work, many thanks are due the ladies of Cheldon, and other kind friends from more distant homes, who so gladly and willingly contributed of their best receipts. Grateful acknowledgement is especially due Mrs. Nellie Nelson for her interest in the work.

Sheldon, July 12th, 1900.

MRS. KATE POWERS

Bread Making

There are four points that must be observed in making good bread. Above all things use good flour. Good flour when pressed in the hand adheres in small lumps and is of a creamy white tinge being easily distinguished from poor flour because of its unadhesiveness and dingy color. Next important point is the yeast, home brewed is always best. Any of the compressed or dry yeasts are good providing they are fresh. Another essential is the kneading. One rule is to knead half an hour; but this is not always necessary, for the dough is kneaded sufficiently when it takes on a smooth appearance. The last point, but by no means the least in importance, is the baking. Care must be exercised in determining the proper temperature for the oven. One of many tests is to place in it a piece of writing paper, should it brown lightly in five or six minutes the oven is then ready. And if kept at this temperature for fifteen minutes it may be allowed to moderate somewhat. Usually three quarters of an hour to an hour is required in baking. Of course older house-keepers know these facts from long experience.

MRS. W. L. AYERS.

HOME BREWED YEAST

Take four or five medium sized potatoes, peel, wash and grate into three pints of very cold water. One handful of loose hops put in a granite basin, pour one pint of boiling water on these, set on the back of the stove, steep, not boil, covered closely about five minutes. Now put the grated potato and water in a granite kettle, strain hop water over it. Add one-half cup sugar, one-half cup salt, put on fire, stirring until cooked. When cooled or about milk warm, add one cup old yeast or one cake dry yeast and one cup flour. Let stand in a warm place twenty-four hours, covered with a perforated cover; then put in an earthen jar; tie a paper over the top and set away for

(on the stove if the fire is nearly out.) where it will be kept warm, not hot, for an hour or two. If the dish is not too large it will probably be full in the morning, if not, add a spoon of flour, stir well, warm the water in the kettle, replace dish, cover and keep it warm until light. Have ready two quarts of sifted flour in a pan, make a hole in the center, put in an even teaspoon of salt, a tea cup of nearly boiling water, to one pint of new milk, and stir a batter there in the center of the flour, add the "emptyings" from the dish and stir well, (there will be a good deal of flour around the batter, this is right,) cover with another pan, keep warm until light,—it will rise in an hour or even less—when it is ready to be kneaded and made directly into loaves, which place in baking pans, keep well covered and warm until light, when it is ready to bake. The secret of success is to keep it warm but not at all hot. This bread is good if no milk is used; indeed some prefer it made with water alone instead of milk and water. In cold weather, if kitchen is cold at night, do not set "emptyings" over night, but make early in the morning.

MRS. KATE POWERS

EXCELLENT BREAD

Heaping cup flour, teaspoonful salt, tablespoon lard; pour on boiling and stir until creamy, one pint milk scalded, one cake compressed yeast, mix into a loaf, let stand three hours then put into loaves, let stand one hour and bake.

MRS. H. T. THOMPSON

POTATO YEAST

When boiling potatoes for dinner put one pint of flour in an earthen dish, to which has been added one teaspoon each of sugar and salt. When the potatoes are done, drain the water onto the flour. Mash one good sized potato, add. Soak a yeast cake in tepid water. When flour is about milk warm and yeast cake dissolved, add. Set in a warm place, in four or five hours it is ready for use.

MRS. JOHN DYAS

TO MAKE THE BREAD

The first thing in the morning, sift three quarts of flour into bread pan, add teaspoon of salt, one quart of warm water, stir

thoroughly, then add yeast which should by this time be very light, stir well and set in a warm place to rise, usually by covering well and keeping from drafts is sufficient in moderate weather. In very cold weather keep close to coal stove. When this becomes very light which will be in an hour or two, add flour and knead until smooth or glossy which will be in less than one-half hour. Set away to rise; when very light knead down; when again light, shape into loaves; let this become light, then bake. The secret of good bread is to let it become light enough before baking and not to dry up in this latter process. This must be learned by practical experience.

MRS. JOHN DAYS

GRAHAM BREAD

Three cups sour milk, two teaspoons soda dissolved in hot water and added to the milk, one cup 'Orleans or sorghum molasses, one teaspoon salt, equal parts graham and white flour to make a stiff batter, as stiff as can be stirred; bake in a broad rather shallow baking tin for three-quarters of an hour in a moderate oven.

MRS. MARION DIXON

GRAHAM BREAD

One and one-half pints sour milk, two teaspoons soda dissolved and added to milk, one cup brown sugar or one-half cup molasses, scant teaspoon salt, as much sifted graham flour as can be stirred in with a spoon, pour in well greased pan, steam two hours, bake fifteen minutes.

MRS. W. S. LAMB

GRAHAM BREAD

One pint of bread sponge, scant half teacup of butter and lard mixed, two-thirds cup of sugar, add to sponge and beat in well, stir in sifted graham flour as long as you can stir it, take out onto a floured board, knead softly and shape into two loaves, put into a well buttered bread tin, smooth all on the top and sides with melted butter, set aside in a warm place to rise, then take same as white bread, be careful not to burn as sweetened bread burns quicker than plain bread.

MRS. W. L. AYERS

BOSTON BROWN BREAD

One heaping coffee cup each of rye, graham and corn meal sifted together, beat thoroughly with two cups of Orleans molasses, two cups sweet milk, one cup sour milk, one dessert spoon soda, dissolved in the milk, one teaspoon salt. Pour into a greased tin pan, set in a kettle of cold water and boil four hours, remove the lid of the tin pan, and place in an open oven to dry the top. Unexcelled for goodness.

MRS. W. H. SLEEPER

BROWN BREAD

Three cups sour milk, level tablespoon soda dissolved in the milk, one cup molasses, scant teaspoon salt, two cups corn meal, one cup graham sifted together. Pour into three greased corn cans, steam four hours.

MRS. F. S. PLUMB

BROWN BREAD

Take four cups of corn meal and one tablespoon of salt, pour on sufficient boiling water to wet it, add one cup of molasses, two cups of sour milk, two and one-half teaspoonsful of soda dissolved in a little hot water and last two cups of flour. Bake in a loaf three hours, or steam in tin cans two hours then bake one-half hour.

MRS. E. A. WARD

CORN BREAD FOR THREE

Butter the size of an egg, two heaping tablespoons sugar beaten with butter, add one egg well beaten, sift together two-thirds cup yellow meal, one-half cup flour and two teaspoons baking powder, one-half teaspoon salt, and one-half cup sweet milk, should this be too thick, add more sweet milk, the batter must be about the consistency of pancake batter. Bake in a shallow tin or gem tins. Very good.

FLORENCE OLDHAM

CORN BREAD

One and one-half teacups flour, one and one-half teacups corn meal, three teaspoons baking powder, one tablespoon sugar, one teaspoon salt, two tablespoons melted butter, three eggs, beat whites and yolks separately, one coffee cup sweet milk, sift meal, flour and baking powder together, add salt, then the yolks well beaten, melted butter, now the milk, beat all together, lastly stir in lightly the whites of the eggs beaten to a froth. Bake in a well buttered broad shallow pan twenty-five minutes.

MRS. SADIE HOLLENBECK

OAT MEAL BREAD

Two large cups of oatmeal covered with boiling water, when cool add one tablespoon of lard or butter, one-half cup Orleans or sorghum molasses, one cake of Yeast Foam, soften with enough water to cover, or a cup of home brewed yeast, two teaspoonsful salt, now add flour enough to knead it well, mold into a loaf and set aside in a warm place; let rise. Do all this at night just before retiring, and early in the morning knead and divide into three loaves, mold into shape and put into three square buttered tins. Smoothing all the loaves over with melted butter. When light again which will be soon, bake same as white bread. Unusually nice.

MRS. W. L. AYERS

Breakfasts and Teas



TO COOK OATMEAL

Put four heaping tablespoons of steel-cut oats into one quart of cold water, add one-half teaspoon salt, put over the fire in a double boiler, cover and cook continuously, after it commences to boil, one hour; keep the kettle closely covered and do not stir it—as stirring it seems to destroy the flavor. Some cook oatmeal longer, putting it on to cook on the back of the base burner and letting it cook slowly all night. The breakfast can then be more quickly prepared. Some cook it the day before when getting dinner and heat it up again in the morning.

CRACKED WHEAT

Put one cupful of cracked wheat into one quart cold water, add half teaspoonful salt. Cook same as oatmeal—this may be served with cream.

HOMINY

Hominy is better cooked in milk and eaten the same day it is cooked. Using one-half pint fine hominy grits to one quart milk, soak over night, next morning cook in a double boiler, without stirring, until the hominy has absorbed the milk which will be in about an hour, then add one-half teaspoon salt. Serve with milk.

WHEATLETS

To cook wheatlets put one quart of water in the sauce pan with one-half teaspoon salt, when it boils sprinkle in one-half cup of wheatlet, stirring all the time; boil five minutes; then shove to the back of the stove or if you use gas or gasoline, put an asbestos mat under the pan, turn the gas low and cover tightly; let it cook twenty minutes, it is then ready to serve.

MRS. N. NELSON

RICE

Half a pound of rice to one quart of milk. Put the milk in a double boiler, wash the rice and add it to the cold milk, heat quickly and cook for three quarters of an hour. The flaked rice or flaked wheat or barley will cook in ten or fifteen minutes as it has been partly cooked before being rolled.

MRS. N. NELSON

MILK TOAST

After bread is toasted a light brown, dip in boiling salted water very quickly, butter, and lay in a tureen, set in oven; just before serving pour over it hot cream. Serve very hot.

MRS. M. W. ELDRIDGE

FRENCH TOAST

To one beaten egg add one cup of milk, dip slices of bread quickly in this; then put into a hot skillet, with a generous amount of butter; fry to a light brown. Serve hot. If water is used instead of milk the toast will be more tender, but not as rich.

K. W.

TO COOK OATMEAL QUICKLY

To one cup of oatmeal, add two cups of cold water, one-half teaspoon of salt; set dish on stove and stir when it begins to boil; stir often and watch closely to keep from scorching; boil fifteen minutes. To be eaten with cream and sugar. Some prefer it cooked in this way.

QUICK JOHNNY CAKE

Break one egg into an earthen dish or granite basin, add one-half teaspoon salt, one tablespoon sugar, one-half teaspoon soda—beat all well together, add to this one cup of sour milk or buttermilk stir again, then sift in one-half cup flour and one cup of cornmeal. Should this not make it thick enough, add more meal. But remember that the cake must be quite thin, thinner than for griddle cakes as the meal will swell in the oven. Should your milk not be very rich, add one tablespoon melted butter. The best way to bake this is to put the tin you are going to bake it in into the oven with the butter or lard in it, about one teaspoonful and when this is nicely heated pour in the cake and bake at once in a rather quick oven—this will make enough for a family of four,—do not have the batter more than half an inch thick in the tin. About twenty minutes is the required time for baking. This receipt can be used for griddle cakes—either corn meal, graham, flour or wheat grits. Should you use it for corn meal it is best to make the batter ready the first thing in the morning before you light your fire as the meal swells and should it then be too thick, add a little sweet milk to thin it—should it be too thin add a little flour,—but the batter should be thin enough to spread of itself on the griddle and the cakes should be eaten hot. Other cakes can stand in a hot covered dish and steam, but never corn meal cakes.

FLORENCE NELSON

JOHNNY CAKE

One and one-half cups corn meal, one and one-half cups flour, two cups sour milk, two eggs, tablespoon shortening, one-half teaspoon salt, two level teaspoons soda,—beat the eggs till frothy, add shortening melted, salt, then sour milk with soda dissolved in it, lastly flour and meal sifted together. Pour into a deep, broad baking tin well greased, bake in a hot oven thirty or forty minutes, should be a golden brown when done. This receipt can be used as a pudding by adding fruit and steaming two hours, eaten with sweetened cream. Also can be used as Indian loaf by adding one-half cup molasses instead of fruit and steam two hours in a deep earthen dish or lard pail.

MRS. H. C. HOLLENBECK

BAKING POWDER BISCUIT AND SHORT CAKE

Three cups flour, two heaping teaspoons baking powder, one-half teaspoon salt—these all sifted together. Rub into this a scant half cup butter, enough cold water to make it the right consistency to roll out. Roll half an inch thick, cut with a biscuit cutter, put in a well buttered tin and bake twenty minutes in a quick oven. This dough should be handled as little as possible. This also makes a nice crust for strawberry shortcake. Separate the dough into two equal parts, roll each one-quarter inch thick, sprinkle a little flour on the lower layer, put the top on this and both in a buttered tin, bake twenty or thirty minutes in a quick oven, when done let cool. When ready to serve cut the crust into sections, place the lower portion on the dish in which you wish to serve it, have ready the berries sugared and mashed, spread on some berries, lay the upper crust on this then spread more berries over this and pour juice over all. This is the best, easiest and daintiest way to make and serve strawberry shortcake. Can be eaten with or without cream.

MRS. AMY RENKEN

FRENCH ROLLS

One quart lukewarm sweet milk, one teaspoon salt, one large teacup home brewed or one-half cup bakers' yeast or one cake of Yeast Foam, flour to make a stiff batter, set at night in a warm place, well covered, in the morning add one egg well beaten, two tablespoons melted butter, knead in flour enough to roll. When light again make out into small rolls, put into a well buttered tin and rub each one with melted butter, let them rise half an hour. Bake half an hour in rather quick oven.

MRS. E. A. BRAY

ROLLS ANYONE CAN MAKE

When making bread save out one quart of sponge, to this add two tablespoons sugar, one egg well beaten, one-half cup melted butter, beat all thoroughly together, then add flour enough to make it stiff enough to knead softly. As soon as it is smoothly kneaded set aside, covered tightly, in a warm place to raise; when light, which

will be in about one hour, mold out into small, long rolls, place in deep, well greased baking tin, put melted butter or good fresh lard over each roll with the fingers before putting in tins, let rise in a warm place thirty minutess. Bake in a well heated oven half an hour or until a golden brown.

FLORENCE NELSON

LONG BREAKFAST ROLLS

Three and one-half cups of sweet milk, one cup butter and lard mixed in equal proportions, one cup potato yeast, flour enough to make into dough; let rise over night; in the morning add one beaten egg, knead thoroughly and let rise again. With the hands make into balls as large as a small hen's egg, then roll between the hands to make rolls about three inches in length, place close together in even rows in the pans, let rise until light and bake delicately.

MRS. KATE POWERS

POCKET BOOK ROLLS

One-quarter cup of butter, cut with a knife into one pint of sifted flour, one cup of sweet milk and one cup of bread sponge, one-half teaspoonful of salt, add enough sifted flour to make a soft dough, raise until light, roll out, cut with a biscuit cutter, spread soft butter over the top, fold over, put into buttered tins, let get light; bake twenty minutes; when removed from the oven turn out of tins and roll in a thick bread cloth. If they are done just right they will be one of the best things you ever ate.

MRS. W. H. SLEEPER

BUNS

Use the above receipt but add to the sponge one egg well beaten, one-half cup of sugar, flour to make a stiffer dough, add currants if you like, and mould into round rolls, just before they are done brown, glaze the top with the well beaten white of an egg.

MRS. W. H. SLEEPER

GRAHAM BISCUIT

One cup of sour milk, one egg, one cup of sugar, one teaspoon of soda, one-half teaspoon of salt, one tablespoon of lard, graham flour, stir to a thick batter.

N. G.

HOME MADE BUNS

One cup bread sponge, one cup warm water, one-half cup lard, one-half cup sugar, a pinch of salt, mix like bread, only not near so stiff and let raise very light, pinch off in little pieces, flatten like cookies and place about two inches apart in pan and let raise until puffed up light, and bake in not too hot an oven.

Mrs. C. V. VAN EPPS

POP OVERS

Two cups of flour, two cups of sweet milk, two eggs, one teaspoon of butter, one of salt, bake in cups in a quick oven fifteen minutes, serve hot with sweet sauce.

Mrs. FRANK COLES

POP OVERS

One egg well beaten, one cup sweet milk, one cup flour. First beat the egg with one-half the milk, add one-half teaspoon salt, now stir in the flour, then add the balance of the milk, bake in quick oven in hot gem tins well buttered. When the batter is ready for the oven it should be of the consistency of good cream. These are very nice.

Mrs. R. ABORN

MUFFINS

One tablespoon of butter, two tablespoons sugar, two eggs well beaten, stir all together; add one cup sweet milk, three teaspoons baking powder, flour enough to make a stiff batter, drop into buttered muffin rings or gem tins, bake in a quick oven. Very nice and easily made.

Mrs. LIZZIE CAPLE

GRAHAM GEMS

One egg well beaten, add one tablespoon sugar, one-half teaspoon salt, one teaspoon soda, beat all together, then add one cup sour or buttermilk, beat again, sift in enough graham and white flour (one part white to two parts graham) to make as stiff a dough as will drop from the spoon, have the gem tins hot, drop a small bit of lard or butter into each one, then drop in a spoonful of dough. Bake twenty minutes in a hot oven.

Mrs. H. G. CAMPBELL

OATMEAL GEMS

Two cups oat meal soaked over night in one and one-half cups sour milk. In the morning, add one-half cup molasses, one egg, teaspoonful soda, salt and one cup flour.

MRS. F. E. GRAVES

CORN MEAL GEMS

Two eggs, two tablespoons sugar, one tablespoon salt, two cups sweet milk, a small piece of butter, melted, one cup corn meal, two cups white flour, two teaspoons baking powder.

MRS. W. S. LAMB

QUICK WAFFLES

One pint sweet milk, one-half cup butter melted, sift in flour to make a soft batter, add the well beaten yolks of three eggs, then the beaten whites and lastly, two teaspoons of baking powder beating very hard and fast for a few minutes.

MRS. C. J. INGRAM

SCRAPPLE

Chop meat fine, leaving in about a quart of the water in which it cooked. Stir in corn meal until like mush, then turn in dish to mold. Slice and fry in butter.

MRS. C. H. BALLARD

RUSK

Make a sponge of nearly one quart of milk and a bowl of yeast, let rise over night, in the morning add your flour (warmed), one cup batter, one cup sugar, and nutmeg, work up like bread only not so stiff, let rise and make into biscuits.

MRS. G. A. GIBSON

PAN CAKES

To one quart of milk, add one tablespoon melted butter, two eggs well beaten, one-half teaspoon salt, one-third Ralston Breakfast Food to two-thirds flour sifted together, now add eggs, one teaspoonful soda dissolved in the milk, beat all together, this batter should not be too thick, fry in small cakes put in a hot covered dish, serve.

MRS. M. W. ELDREDGE

PAN CAKES

Two eggs, one-half teaspoon soda, one teaspoon salt, beat all together, add one pint sweet milk and one pint sour milk mixed, stir well, add sifted flour enough to make a thin batter, bake on a hot griddle till a golden brown. Graham or Wheatena Flour or Cream of Wheat can be used instead of all wheat flour.

MRS. BENJ. JONES

POTATO PAN CAKES

Peel and grate eight medium sized potatoes into cold water, drain off the water, three eggs beaten light, one teaspoon salt, two tablespoons flour, add these all to the potatoes beat all together, have a nice hot griddle with plenty of lard on it and drop the cakes on, fry a light brown on each side, serve right off griddle. Very nice.

MRS. LOUISE ZELLAR

BUCKWHEAT PAN CAKES

Two quarts of luke warm water, one teaspoon of salt, have dissolved one yeast cake, add this to the water, add buckwheat flour enough to make a thick batter and let it stand twenty-four hours, when ready to use it, thin the batter with sweet milk, in which has been dissolved one-half teaspoon of soda, reserve some of this for yeast. At night add the water, salt, and buckwheat the same, next morning thin with sweet milk, add the soda, repeat this process until your batter becomes sour, when you will have to begin again, keep in a cool place through the day but after batter is set at night, keep in a warm place.

GRANDMA

FRITTERS AND CROQUETTES



TOMATO FRITTERS

One quart tomatoes and yolk of one egg well beaten; one teaspoon salt, one-quarter teaspoon pepper, two cups fine bread crumbs or rolled crackers. Stew the tomatoes until reduced to a pint. When cold add the seasoning and crumbs. Stir all together well and fry in hot lard, dropping in a spoonful at a time, the same as doughnuts.

MRS. H. C. ELLIOTT

CORN FRITTERS

Twelve ears green corn, three eggs, one tablespoon sweet cream, one-half cup sifted flour, one quarter teaspoon ground pepper, one level teaspoon salt. Shuck the corn; cut through each row with a sharp knife, then scrape clean from the cob. (One can of corn can be used instead.) Beat the eggs thoroughly; add cream, pepper, salt, the corn, and lastly the flour. Beat all well together; drop by spoonfuls into a frying pan that has three tablespoons of hot lard in it. When brown turn over and brown, then lift onto a hot plate. Delicious.

HANNAH BOWNE

CROQUETTES

Chop sufficient cold meat of any kind to make one pint, put one-half pint milk over fire; rub together one tablespoon of butter and two of flour, add to milk and stir until thick and smooth. Season meat with one teaspoon salt and dash of pepper, one teaspoon of onion juice or chopped onion, tablespoon chopped parsley, a little dessicated celery. Mix all with the gravy; set aside to cool. When cold form into croquettes; dip in beaten egg, roll in cracker crumbs and fry in smoking hot fat. This will make seven croquettes. You will never know how good this is until you try it.

HANNAH BOWNE

PLAIN FRITTERS

Four cups of flour, one large tablespoon of baking powder, two cups of water slightly warmed, three eggs, three tablespoons of melted lard, one cup of molasses, pinch of salt, lard to fry. Add baking powder to flour and sift in pan. Make hollow in middle and add the other ingredients. Use water not quite cold enough to set lard; mix thoroughly into a soft dough. It may need a little more water. Beat well.

WILLIAM BOUGHMAN

PLAIN FRITTER SAUCE

Four cups of water, two cups of sugar, a lemon peel, a little mace, a few cloves, one-half cup of corn starch. Boil the water with the flavoring in it; mix the starch in the sugar dry, drop it into the water quickly and beat with an egg whip, strain it into another sauce pan and let simmer. It will become clear like syrup.

WILLIAM BOUGHMAN

POTATO FRITTERS

Boil eight large potatoes and let stand over night. Grate them and add bits of bread fried in hot butter, two eggs, one tablespoon flour and a pinch of salt. Mix all this together, make into balls and fry in butter. Serve hot.

MRS. W. A. PETZOLDT

SANDWICHES



PEANUT SANDWICHES

Salad Cream: Two eggs well beaten, eight tablespoons vinegar, one tablespoon mustard, one teaspoon sugar, one-half teaspoon salt, one tablespoon melted butter or fresh salad oil. Put this mixture in a bowl, set into a basin of boiling water, then place on the stove and stir the mixture until it is thick. When it is cooked take from the stove and add one-half cup of sweet cream, stir all together. Take well baked peanuts, shell and rub off the inner skin, then run through a meat cutter or chop fine. Mix with the salad cream, half and half, and spread on unbuttered thin slices of bread. Very nice.

MRS. ELEANOR GIBSON

EGG SANDWICHES

Three hard boiled eggs chopped fine, one medium sized cucumber, peeled and sliced into cold water, drained and chopped fine; one-quarter teaspoon each, pepper, salt and a little made mustard. Put all together and rub smoothly with a spoon. Spread between slices of buttered crustless bread.

MRS. J. E. VANPATTEN.

LETTUCE SANDWICHES

Take tender lettuce leaves, pour over them mayonaise dressing, put between thin slices of buttered bread. Chopped tongue is also nice for sandwiches with this dressing over it, or any kind of cold meat can be used in the same way.

DILL SANDWICHES

Chop dill pickles very fine, press off all the juice and add enough French mustard to spread well. Take thin slices of graham bread slightly buttered, spread with the dill filling, place together. (Original.)

MRS. OBER

CHEESE SANDWICHES

Equal parts chopped nut meats and cheese with enough salad dressing to spread. This is good filling for either graham or white bread cut in thin slices, in fancy shapes or plain.

MRS. OBER

Vegetables



We should eat more vegetables and less meat not only as a matter of economy but also as a matter of health; for one pound of old beans costing five cents will yield in food value as much as two pounds of beef costing twenty-five cents; also the same or nearly so can be said of old peas. A little baking soda added to the water in which old beans or peas are cooked removes the strong flavor, making them more palatable.

Vegetables should be washed in cold water, using a small scrub-brush or a coarse cloth. All vegetables should be boiled in salted water, and not boiled a moment longer than necessary, or their flavor will be gone.

MRS. NELLIE NELSON

ESCALLOPED POTATOES

Peel and slice thin raw potatoes the same as for frying, butter an earthen dish, put in a layer of cracker crumbs, then a layer of potatoes, season with salt, pepper, and bits of butter, then a layer of cracker crumbs, the potatoes, and seasoning, and so on until dish is full, fill dish with sweet milk until potatoes are covered, bake one hour. Cold boiled potatoes may be fixed the same way and are very nice, but should be cooked only twenty minutes. Add onions if you like.

MRS. P. W. HALL

MOLDED POTATOES WITH CHEESE SAUCE

Boil and mash enough for dinner, making soft with hot milk and tablespoon of butter, make into mold on plate for oven, scoop out

from center to make a deep cavity, glaze inside and out with white of an egg, use without beating, and set in the oven. Melt six tablespoons of butter, and while hot, add four tablespoons of grated cheese, pour slowly, stirring all the time, over yolks of two eggs well beaten, add one-quarter teaspoon pepper and one-quarter salt, fill cavity, sprinkle on top with fine bread crumbs and brown in the oven.

MRS. EDITH DAILY

POTATOES AU GRAUTEN

Chop or cut into dish cold boiled potatoes, butter well a granite dish, put in first a layer of potatoes, then grated cheese and salt, some bits of butter, a little speck of cayenne pepper and then potatoes, and so on until dish is nearly full, cover top with cheese, pour over this enough cream or rich milk to cover potatoes. Should you use cream do not put in the butter; but if milk, sprinkle in among layers one teaspoon flour.

MRS. W. L. AYERS

POTATOES WITH FISH

Peel and boil medium sized potatoes, drain, boil in a separate dish Salmon steaks, serve on the same hot dish both fish and potatoes covered with the dressing made as follows: Put butter the size of an egg in a deep bowl, something that can be set in the top of the teakettle, rub into this butter one heaping tablespoon of sifted flour; when it is all melted and mixed smooth remove from the teakettle, pour the boiling water into the bowl, slowly stirring all the time, until a pint of water has been used. It should be cooked enough, but if it is not return to the top of the teakettle and let steam until gravy has a nice creamy look, add one-half teaspoon of salt, stir in; pour this over the fish and potatoes before serving, send to table hot. Very nice. Should there be any fish and potatoes left cold, chop all together make into round flat cakes, fry light brown in hot fat or butter. Nice for tea.

MRS. BEN JONES

POTATO CHIPS

Peel medium sized potatoes, slice thin with a slaw cutter or a very sharp knife into cold water, let stand one hour put into a col-

ander and let drain, put on a cloth, wipe dry as possible, drop into boiling hot lard, fry a light brown, skim into a colander to drain and sprinkle with salt; serve cold; will keep a number of days.

MRS. F. L. WIRICK

WARMED OVER POTATOES

Cold boiled potatoes chopped fine, one tablespoon of butter and bacon fat, put into a frying pan, and when hot put in the chopped potatoes, seasoned with salt and pepper to taste, stir while cooking frequently, until a golden brown; serve hot. These are dandy.

COL. D. G. ELDRIDGE

MASHED WHITE POTATOES

Peel and cut into quarters if large, have them all as near the same size as possible, put into boiling unsalted water, boil until tender, but not until they go to pieces, drain, sprinkle lightly with salt, set back over the fire, shaking them one minute, then add two tablespoons of cream, one tablespoon of butter, and with a steel fork mash and beat them until they are all smooth, creamy and light; have ready a hot dish, put the potatoes into it, smooth the top, put in three lumps of butter equal distance apart on top and sprinkle lightly with pepper, if you prefer it; set in a hot oven, let stand about five or ten minutes. Potatoes fixed this way will melt in the mouth.

MRS. BENJ. JONES

FRENCH FRIED POTATOES

Peel and wash the potatoes, slice into quarters lengthwise or should the potatoes be large cut the quarters in two lengths, dip in hot lard and fry a light brown, take out onto a hot plate, sprinkle lightly with salt and serve hot.

MRS. C. P. MILLER

POTATOES TO FRY

Boil potatoes with skins on, these always taste better fried than potatoes cooked any other way. When cold, peel, slice thin, fry in hot butter, have the butter very hot before you put the pota-

toes in, sprinkle with a teaspoon of salt and fry to a light brown, stirring frequently, but do not chop. Serve hot. An onion can be added to these if you like.

MRS. BENJ. JONES

A SOUTHERN WAY OF COOKING SWEET POTATOES

Peel, cut in round slices, boil until nearly done, remove to baking dish, sprinkling each layer with sugar and put sugar on the top, moisten with a little water. Place in the oven and bake until very tender.

Sioux City, Iowa

IDA M. CASADY

GREEN PEAS

Shell green peas, look over carefully, boil in sufficient water to cover, for thirty minutes, mash, add to them a tablespoon of butter, one-half cup of cream, let boil up, serve hot. Two or three new potatoes boiled and then added to the peas are very nice.

MRS. BENJ. JONES

GREEN PEAS

Shell nice young peas, being careful not to get any dirt in them as they are better not to be washed, cook in salted water until tender, drain, season with one-half cup of cream, one tablespoon butter and a dash of pepper and let them boil up once and serve. Very nice.

MRS. W. M. ELDRIDGE

CARROTS

Wash and scrape carrots, boil until tender, drain, chop fine, put in a basin, season with one tablespoon of butter, one-half teaspoon salt, one-half cup of cream, set in a hot oven ten minutes.

CELERY

Chop fine or cut in small lengths the green part and the parts of celery not good to use on the table fresh, put on the stove in sufficient water to cook it, when done, which will be in thirty minutes,

do not drain, but add to the celery one-half cup of cream or rich milk, one tablespoon of butter. If you use milk you will not need salt, as the celery is one of the vegetables to be cooked in salted water. Serve hot.

ESCALLOPED ONIONS

Boil onions until tender, put in baking dish first a layer of onions, salt, pepper and bits of butter, then a layer of bread crumbs, repeat until the dish is full, pour milk or cream over until thoroughly moistened, bake one-half hour.

MRS. L. W. ELDRIDGE

COLD SLAW

Two-thirds cup vinegar, one egg, two tablespoons sugar, one teaspoon salt, half teaspoon mustard and butter size of an egg; stir until it boils. When cold pour over shaved cabbage. This is much nicer if one-half cup of cream is added when cold. If cream is used, use less vinegar.

AMY CARSON

CABBAGE

Chop fine one medium head of cabbage, boil fifteen minutes in salted water. Use very little water so that when the cabbage is done the water will all be boiled away; then add one tablespoon butter and two tablespoons vinegar; let simmer ten minutes and serve hot.

BAKED CABBAGE

Boil one medium sized head of cabbage until tender, drain in a colander, chop fine and season with one-half teaspoon salt, one-quarter teaspoon pepper. Add one cup cream, or rich milk with a lump of butter. Put in a dish and bake one hour. Serve hot. Very delicate and palatable.

MRS. FIDELIA PERRY

BAKED TOMATOES

Peel and slice nice ripe tomatoes one quarter of an inch thick, place in layers in a pudding dish or granite basin, seasoning each

layer with pepper, salt butter and a little white sugar. Cover with a lid or large plate and bake one half hour; remove the lid and brown fifteen minutes. Just before taking from oven pour over the top four tablespoons of whipped cream and melted butter; about a spoonful of butter. Simply delicious.

MRS. F. W. HOUCK

FRIED GREEN OR RIPE TOMATOES

Wash and cut into one-half inch slices, large firm tomatoes; season with salt and pepper, dredge well with flour or roll in beaten egg and cracker crumbs; fry on both sides evenly in hot lard and butter mixed, until a nice brown. Serve hot.

MRS. F. W. HOUCK

STUFFED TOMATOES

Cut a thin slice from the blossom end of twelve smooth, ripe tomatoes, remove pulp. Chop fine small head of cabbage and one onion, add bread crumbs rubbed fine and pulp of tomatoes; season with one teaspoon salt, a very little pepper and a teaspoon sugar; add cup sweet cream, mix thoroughly and put into tomato shells; then put in buttered baking tin with enough hot water to cover bottom and bake half an hour. If preferred omit cabbage and cream and use finely chopped cold meat instead. Just before serving place a bit of butter on the top of each tomato.

MRS. EDITH DAILY

TOMATO ASPIC FOR TWELVE PEOPLE

One can tomatoes; strain and put them in the saucepan with a slice of onion, a couple of bay leaves, a few celery tops, a teaspoon salt, one-half teaspoon paprika or dash of cayenne. Bring to boiling point and add three-quarters box of gelatine which has been soaked in one-half cup of cold water half an hour; mix until dissolved and add juice of half a lemon and strain again. Pour into egg cups or small fancy molds, stand aside on ice four or five hours. When time to serve dip each mold quickly in boiling water and turn contents on lettuce leaves. Serve plain or with mayonnaise dressing.

MRS. EDITH DAILY

ESCALOPED TOMATOES

Put in a buttered baking dish a layer of bread or cracker crumbs seasoned with bits of butter, then a layer of sliced tomatoes; season with butter, pepper and salt, and sugar if desired; then a layer of crumbs and so on till dish is full, finish with the crumbs. Put in a little milk, not much on account of the tomatoes being juicy. Use butter generously. Some like to add onions.

MRS. DR. MYERS

TO COOK PEAS

After preparing, take from the water in which they were washed and without draining put in a granite kettle which contains a generous lump of butter, have this very hot when peas are added; let them boil in this rapidly for eight minutes, stirring often. While in the butter, season with salt and pepper. Add water enough to just cover; let them boil until very tender; water by this time will be nearly evaporated, add sweet cream or milk; let boil up once and serve.

MRS. L. WAGNER

TO COOK ONIONS

If large, quarter, cook in boiling salt water; when tender drain and add milk; when it boils again season with pepper and butter. Serve.

MRS. COLLINS

BAKED ONIONS

When onions are prepared put in a baking pan, season with butter, pepper and salt; place in oven; cook until very tender. About ten minutes before serving add cream. Serve hot.

MRS. W. HICKS

ESCALOPED CORN

One can of corn; put a layer in baking dish and season with butter, salt and pepper, then add a layer of rolled crackers, over which pour one-half cup milk or cream, then add another layer of

corn, and so on until dish is filled, having cracker crumbston top layer. Bake to a nice brown. Cabbage and onions are good this way, only boil cabbage and onions first, taking juice instead of milk.

LENA STEEL

FRIED APPLES

Take nice tart apples, wipe off well, cut out the blow end and slice across through the core, medium thickness. Have a frying pan with hot fat in it; lay in the apples, fry a light brown and turn on other side and fry same. Lay on a hot plate, sprinkle with sugar and serve. Very nice.

MRS. J. B. WILSEY

BEETS

Wash with a brush, rinse well, put into boiling unsalted water and boil one hour or until tender; remove to a dish, pour over them cold water and remove skin. Chop fine, season with salt, pepper and butter; serve hot. Very nice. Some add vinegar.

MRS. JAMES CORBETT

BEETS WITH DRESSING

Take young beets, wash, after removing tops; cook till tender. Remove from fire and slice thin. Dressing: One-half cup sugar, scant tablespoon flour, large tablespoon butter; mix the flour and sugar, put in the butter; pour over these boiling water, about one-half cup, then add one-half cup vinegar. Put the beets into a granite basin, pour the dressing over them, cover and set where it will keep very hot, but not boil, for twenty minutes to half an hour.

MRS. E. RIDDELL

CANNED BEETS

Take young beets, clean well, put into boiling water, cook until tender, remove into cold water, take off the peel, slice thinly. Put over the fire one pint each of water and vinegar and one cup sugar; let boil until sugar is dissolved; put into this the beets and let come to a boil. Put into cans and seal. Very nice, when young beets cannot be obtained.

MRS. E. RIDDELL

PARSNIPS

Wash and scrape, then boil until tender. Remove from kettle, slice lengthwise, roll in flour and fry in hot butter to a light brown, on both sides.

MRS. PAUL MAHLER.

STRING BEANS

Take nice tender beans, cut up into inch lengths, wash them, put on to cook in boiling water, with a lump of soda, the size of a pea, in the water, boil ten minutes, drain well, then put on hot water enough to cover, with one teaspoon salt; boil three-quarters of an hour, pour off water, set back on stove, pour over them one small cup vinegar, rub together one tablespoon butter and one teaspoon flour, stir into beans; salt and pepper.

MRS. F. WEBSTER.

STRING BEANS

Wash, string and cut into short lengths; boil until tender, which will be in about thirty or forty minutes, drain well, add tablespoon butter, one-half cup cream; if you have not the cream use rice, milk and more butter; thicken with one-half teaspoon corn starch. Serve hot.

MRS. F. W. HOUCK

STRING BEANS

String and break into short lengths, wash and put into boiling water, in which has been put a piece of baking soda, the size of a pea; boil five minutes, drain, return to fire, pour over them enough boiling water to nearly cover; take a small piece of salt pork, put into the beans, cook until done. Serve hot.

TURNIPS IN A DAINTY WAY

Peel and slice nice sweet turnips, wash in cold water, cook till tender, drain, add one-half teaspoon sugar, one teaspoon butter, one-quarter teaspoon salt, one beaten egg, two tablespoons vinegar,

beat thoroughly, add to the turnips just before removing from fire, stir in well, watch closely and remove as soon as dressing looks creamy, which will be in about one minute.

MRS. C. P. MILLER

HOW TO BOIL RICE

Put one pint of rice into nearly two quarts of cold milk, an hour before dinner, one teaspoon salt, boil slowly, stir often; when nearly done stir in two well beaten eggs, one teaspoon grated cheese, half tablespoon butter; bake a few minutes in hot oven.

MRS. J. W. HICKS

TO COOK CAULIFLOWER

Boil in water enough to cover until tender, drain, brown some butter, turn over cauliflower, season with salt and pepper.

MRS. G. W. CARPENTER

ASPARAGUS

Take nice tender asparagus, cut into short lengths, cook until tender in boiling salted water, which will take twenty or twenty-five minutes, drain, set back on fire, add one teaspoon butter, one cup sweet milk or cream. If you use milk, moisten one-half teaspoon of corn starch in a little cold milk, and add to the asparagus to give it a creamy taste, let boil up once. Serve hot. This is nice over little squares of toasted bread.

MRS. D. H. MOORE

SQUASH

Cut into sections, take out the seeds and wipe off the outside carefully, steam half or three-quarters of an hour. Serve hot in the shell.

MRS. ANGIE DONOVAN

SQUASH

Cut it up into strips, take off outer rind and inner surface, put in kettle and cook until tender, drain, mash fine, season with salt, pepper, butter and cream.

MRS. JAMES ROBERTS

SUMMER SQUASH

After preparing, slice, dip in flour and fry slowly in butter.

MRS. M. W. ELDRIDGE

DEVEILED EGG PLANT

Wash well one egg plant, boil until it can be easily pierced with a knitting needle, cut the shell in half, scoop out the inside and chop, mixing with stale bread crumbs, being careful not to break the shell in scooping out the inside, and have the bread crumbs well grated or roiled fine; add butter the size of an egg, one egg well beaten, one teaspoon salt, a dash of red pepper, one medium sized onion, grated, perhaps a little cream should the mixture be not moist enough; pack back into shells, cover top with toasted bread crumbs, set into baking tins and bake half an hour. Serve hot in the shells, the dish garnished with parsley or any pretty leaves. Very nice.

MRS. W. L. AYRES

SOUR KRAUT

Always use stone jar, sprinkle jar with flour, take ten medium sized heads of cabbage, after they are chopped, sprinkle with a handful of salt; press down solid with hands, cover with cabbage leaves, then a cloth, after this with a board or plate, then a heavy stone, set in cellar. Will be ready to use in about six weeks. Wash cloth once a week.

MRS. PAUL FIEBIG

TO COOK SOUR KRAUT

Take out of jar and drain well, put in kettle with a piece of fat pork, boil one hour and a half, in water enough to keep from scorching; after having boiled, drain, sprinkle one tablespoon flour over it, stir thoroughly. Serve hot.

MRS. KNAUER

HASH

Cold corned beef chopped fine, remove all the bits of gristle and chop cold boiled potatoes which have been cooked with the beef;

mix, in the proportion of one part meat to two parts potatoes, have a hot frying pan with a tablespoon of butter in it, turn in the hash, pour over it two tablespoons of water, cover closely, let brown, stirring often. Best hash you ever ate.

MRS. L. L. BASSETT

HASH

Young tender beets, cook, peeled and chopped, cold boiled potatoes chopped, mix the two together, season with one teaspoon salt, one-quarter teaspoon pepper to one pint of hash, put one tablespoon butter in the frying pan, when hot put in the hash, put two tablespoons hot water, cover tightly, let brown, stirring often. Use two parts potatoes to one of beets. Very nice.

HARRIETTE STINSON

BEACH & WELD

HARDWARE

508 Fourth St.

SIoux CITY, IOWA

CHEESE AND MACARONI



CHEESE FONDU

Melt one tablespoon butter, add one cup of milk, one-eighth teaspoon of soda, a cup of freshly grated bread crumbs, two of grated cheese, season with salt and pepper, when smooth add two beaten eggs, and after thick serve on toast or wafers.

MRS. WILL AIKEN

MACARONI WITH CHEESE

Use one-half package Macaroni (prepared by Italian Macaroni and Vermicelli Co.) put three quarts of boiling water in a sauce pan and add the Macaroni broken in small pieces, boil one-half hour, drain well, cover with cold water fifteen minutes longer, drain again, place in baking dish with two tablespoons of butter, one cup of milk, two-thirds cup of grated cheese, one-half teaspoon of salt and a little pepper, sprinkle with cheese and bake one-half hour in a hot oven.

MRS. WILL AIKEN

WELSH RAREBIT

One large cup of grated cheese, one-fourth cup of sweet cream, put cream into oatmeal cooker and bring to a boil, put in cheese, season with one-fourth teaspoon salt and a dash of pepper, when the cheese is melted, stir in the beaten yolk of one egg, take from stove and spread on heated wafers. Serve at once.

MRS. CLARA MANNING

BAKED MACARONI

Break in short lengths one package of Macaroni, wash, but do not let stand in water, put on in boiling water, cook twenty minutes, take out into a pan, water and all there must not be very much

water, add one tablespoon of butter, one-fourth pound of grated cheese, one teaspoon salt, if you have beef broth, pour a pint of it over the macaroni and do not use salt, set in the oven bake one-half hour or until it is brown over the top, do not add the cheese until last thing before putting in the oven, spread it over the top.

MRS. LOUISE ZELLAR

MACARONI AND CHEESE

Break the macaroni in small pieces and stew in salted water until tender, butter a pudding dish, put in a layer of macaroni and cover with cheese either grated or cut in small bits, another layer of macaroni and so on till the dish is filled putting cheese on top and seasoning each layer with a little salt and pepper and bits of butter, turn over it milk to cover and bake thirty minutes.

MRS. OBER

MACARONI WITH OYSTERS

Boil macaroni in salt water, after which drain through a colander, use a deep earthen dish or tin, put in alternate layers of macaroni and oysters, sprinkle each layer of macaroni with grated cheese, bake until brown.

AMY CARSON

Soups



The best soups are not made from the "soup bones" bought at the market for the purpose.

Cut off the good meat left on the bones of roasts or steaks and use it for stews, meat pies, salads or hash. The bones, fat or gristly meat with scraps that may be left make the best of soups. The brown color and good gravy taste of such soup cannot be imitated with a fresh bone. Let the bones simmer on the back of the stove for several hours, then pour off the broth and set in a cold place. When the grease has hardened over the top remove it all. Carelessness about this makes an unpalatable soup or one that is hard for delicate people to digest. Then simply season with salt and pepper while it is hot, add either vegetables or beans. Strain these out sometimes, for a variety, or sometimes thicken the soup a little with flour for a change. Soup, like salad, must be tasted and seasoned till it is good. The skins and bones of chicken and turkeys make excellent soup. A little well cooked rice, barley, or even oatmeal in soup is a good variety especially in chicken or turkey soup. The fat that is left in the soup basin can be put on the back of the stove in a covered basin and fried out from which good shortening may be in this way procured. Pour a little hot water over the grease that was removed from the soup broth or stock and let it melt. When cold remove the grease for shortening.

Waterloo, Iowa

SARAH W. WHITNEY

USES OF SOUP STOCK

When one is tired of soup or in warm weather the soup stock is excellent to use for boiling beans, either dry or string beans, also

for cooking greens of all kinds and turnips. This stock is much easier digested than the pork which is usually used. If dry beans are well seasoned with salt, pepper, and a little sugar or molasses, the soup stock gives them an excellent flavor, besides one has avoided all indigestible fats.

Waterloo, Iowa

SARAH W. WHITNEY

CREAM OF TOMATO SOUP

Take one cup of canned tomatoes or three good sized ripe tomatoes, cook in two cups of water fifteen minutes, mash, strain through a sieve or coffee strainer, return to the fire, add one teaspoon butter, one-half teaspoon salt, one-quarter teaspoon pepper, one large tablespoon sugar, stir these all in, when hot add a lump of soda the size of a pea, and then one cup of sweet cream, or milk, if you have not the cream, stir one minute, remove from fire. Serve.

MRS. N. NELSON

CLEAR TOMATO SOUP

Observe the same directions as for cream tomato soup, only do not add the soda or milk, but use instead the same amount of water, added when the tomatoes are first put on to cook and use one tablespoon of butter, and one teaspoon of corn starch dissolved in water, and stirred in, let boil until clear, strain before serving.

MRS. N. NELSON

FOR VEGETABLE SOUP

Use one quart of stock, dilute with one quart of water, cut into small dice, two medium sized potatoes, one good or two small sized carrots, one small turnip, one medium sized onion, two stalks of celery cut fine, cut these all into fresh, cold water, drain in the colander, add to the soup stock, season, with salt and pepper to taste, cook until the vegetables are tender which will be in about half an hour. Serve hot.

MRS. N. NELSON

CREAM OF SWEET POTATO SOUP

Boil fresh or should you have two or three cold boiled sweet potatoes left from the day before, put them into water enough to

cover, after cutting them into small pieces, boil until they can be mashed, mash in the water in which they have been cooked, add one pint of sweet milk, one tablespoon of butter, one-half teaspoon of salt, and one-quarter teaspoon pepper, let boil up once, serve hot. When ready to serve put the coffee strainer in the bowl, strain the soup through this and send to the table.

MRS. N. NELSON

NOODLES FOR SOUP

Rub into two eggs as much flour as they will absorb, then roll out until thin as wafers, dust in a little flour then roll over and over into a little roll, cut off thin slices from roll and shake out into long strips, put them into the soup lightly and boil for ten minutes, salt should be added while mixing with flour, about a tablespoon. This is used in beef or chicken stock.

MRS. PALMITIER

POTATO SOUP

Peel four medium sized potatoes and cut in small pieces, two small onions, cut fine, add one-half cup of rice, season with salt and pepper, and a generous lump of butter, add water enough to cover, cook tender, then mash with potato masher, thin with milk to the required consistency, let boil once. Serve.

WILL POWERS

DUMPLINGS FOR CHICKEN BROTH

One and one-half cups of flour, to which a little salt has been added, two large teaspoons of baking powder, butter the size of a large hen's egg, mix like biscuit dough, cut in strips and drop in boiling broth, after skimming broth.

MRS. MC

CORN SOUP

For a quart of milk, cut down the grains and press out the pulp from six good sized ears of corn previously cooked, heat the milk, add a little fine chopped onion, a lump of butter, salt and pepper to taste and thicken by adding a tablespoon of flour well mixed with a little cold water.

MRS. J. M. MCFARLAND

EGGS



Eggs to be good when cooked must be fresh. To tell good eggs put them in water, those which lie on the side are good, reject all that stand on end, or look through eggs separately towards the sun, or towards a lamp in a darkened room. If the whites look clear and the yolk can be easily distinguished the egg is good. A safe plan is to break each egg separately in a cup before using.

BAKED EGGS AND CHEESE

Place a layer of grated cheese in a granite pie tin, break on this six eggs, sprinkle over these one-half teaspoon salt, one-quarter teaspoon pepper, sprinkle thickly with grated cheese, six teaspoon sweet milk, bake from fifteen to twenty minutes in a rather quick oven, the length of time depends on whether you wish the eggs hard or soft.

MRS. L. WIRICK

STEAMED EGGS

Butter a common white dinner plate, break into it six eggs, sprinkle one-half teaspoon salt, one-quarter teaspoon pepper over them, put a bit of butter on the top of each egg, set in a steamer or the top of a steam cooker, cook ten or fifteen minutes, the time depends on whether you wish the eggs hard or soft, serve on the plate they are cooked on.

MRS. N. NELSON

HAM OMELETTE

Six eggs, one scant cup sweet milk, one even teaspoon corn starch, one cup of boiled ham chopped fine, separate the whites and yolks, beat thoroughly, add milk in which corn starch has been

dissolved and lastly stir in minced ham, pour into a buttered pudding dish, bake immediately in a hot oven fifteen minutes, should it brown too rapidly cover until it sets, turn on to a hot platter and serve at once.

MRS. J. E. VAN PATTEN

RICE CAKES

One teacup soft boiled rice, yolk of one egg well beaten, one-quarter teaspoon salt, two tablespoons sifted flour, beat together, then add sweet milk until about the consistency of sponge cake or thick cream, just before baking stir in lightly the beaten white of one egg, bake on griddle like pan cakes. Nice for invalids.

MRS. LIZZIE CAPLE

BAKED EGGS

Butter muffin tins, using a liberal amount of butter, heat butter, then break in eggs and season, remember the quicker that eggs are cooked the better.

MRS. L. H. TEN EYCK

EGGS A LA SUISSE

Cover the bottom of a shallow basin with melted butter, then sprinkle over with grated cheese, on this drop as many eggs as you wish to cook, salt, pepper and a teaspoon of cream on each egg, then cover lightly with grated cheese, bake in a moderate oven fifteen minutes.

Rushmore, Minn.

MRS. W. S. STILL

STUFFED EGGS

Boil five or six eggs hard, throw into ice cold water until perfectly cold, peel them carefully and cut in two, lengthwise, extract the yolk, rub them into a paste with a dessert spoon of butter, season with a pinch of pepper and a scant teaspoon of salt, and work in some very finely minced chicken, or other poultry, or livers, if you have none substitute such cold meat as you have, bind the mixture with a beaten egg, mold into balls the same shape and size as the ejected yolks and fill the whites with them, fasten

with toothpicks, roll in beaten eggs and cracker crumbs and fry quickly in hot lard, drain them on paper, do not withdraw the toothpicks when you serve them.

PRESERVED EGGS FOR WINTER USE

Procure fresh eggs in September, grease with lard, roll in paper and pack in oats, small end down, best way I have found, though trying different ways. Eggs do not lose in weight, and are fresher.

Mrs. K. POWERS

TO PRESERVE EGGS

One pint of slacked lime to the consistency of thick mush; one-half pint salt; three gallons of water; stir together and let stand until it settles, and pour the liquid over the eggs, which should be placed in a jar.

Mrs. VAN PATTEN

Fish and Oysters



Fish are among our best brain foods because they are so rich in phosphates. They should be cleaned as quickly as possible after leaving the water. Scales are more easily removed if hot water is poured over the fish. Remove any mud taste by soaking in strong salt water. To fry, dip in egg and bread crumbs; use lard, not butter; or simply dredge with flour. Salt fish must be soaked several hours before cooking.

STUFFED SHAD

Use bread crumbs enough to fill the fish, wet with fresh or canned tomato juice. Season with salt, pepper, tablespoon butter, onions if liked; mix well and when the fish is filled sew up; cook slowly for two hours with small quantity of water; dredge with flour before putting in oven; baste with batter.

Gilmore City, Iowa

MRS. CLARA PETERSON

BAKED PICKEREL

Stuff with turkey dressing, tie, and cover with pieces of fat pork; dredge with flour; fill pan nearly full of water. Bake one and one-half hours. Baste often with gravy.

MRS. C. L. BROCK

COOKED MACKEREL

Soak until fresh enough, then boil ten minutes; cover with cream and butter, sprinkle with pepper.

MRS. C. L. BROCK

OYSTER STEW

Take one-half milk and one-half water, let come to a boil, add oysters, liquid and all, season to taste with salt and pepper. Let it boil up but once, then serve hot.

MRS. FRANK MYERS

OYSTER STEW

Take one-half milk and one-half water, (if you wish a richer stew, use all milk) add to this the liquid strained from oysters; place on stove and let boil up, then add oysters, and butter size of an egg; when it boils up again season to taste with salt and pepper and serve at once. If you use all milk do not use as much butter.

H. A. CARSON

CODFISH BALLS

One-half pound codfish, soak over night. Two large potatoes, peeled, cooked and mashed with one tablespoon butter. Should you have mashed potatoes left from dinner, they will do. Drain water off from fish, pick it now as fine as you can, add the mashed potatoes and one well beaten egg. Roll into balls, roll in bread or cracker crumbs, fry in hot lard the same as doughnuts.

MRS. LOUISE ZELLAR

BAKED FISH

Take a two and a half or three pound fish, scrape and wash well; rub inside and out with pepper and salt; fill full with dressing made according to dressing receipt given. Wrap twine about the fish and tie securely; put in a baking dish, put bits of butter all over the fish, set in a hot oven, bake from thirty to forty-five minutes. When done and ready to serve remove to hot platter. Cut off string, serve, cutting right through the fish and dressing. As the fish holds very little dressing a good way is to put some in the pan besides what is in the fish. Lemon cut in quarters is nice for a garnish and to serve with the fish.

MRS. R. W. ABORN

DEVILED OYSTERS

Wipe the oysters dry and lay in a flat dish, cover with a mixture of melted butter, cayenne pepper, or pepper sauce and lemon juice, enough of this mixture to cover the bottom of the dish well, let the oysters lie in this ten minutes, turning often. Take out; roll in cracker crumbs then in beaten egg, then in crumbs and fry in hot lard and butter, half and half.

MRS. D. H. MOORE

SALMON ROLL

One can salmon, one cup rolled crackers; one cup sweet milk, yolks of four eggs, juice of one lemon; mix thoroughly. Steam one hour in two baking powder cans.

MRS. D. E. DEAN

FANCY SALMON

Pick the bones from salmon, roll in shredded wheat biscuit crumbs, mold into form of a fish, using macaroni for tail. Place this in wire vegetable basket, dip in hot lard, fry two minutes. Nice for lunch or picnic.

Ottumwa, Iowa

MABEL PARKER

LITTLE PIGS IN BLANKETS

Season large oysters with pepper and salt, cut fat English bacon in very thin slices, wrap an oyster in each slice and fasten with little wooden skewers; heat a frying pan and put in the "little pigs," cook just enough to make crisp, about two minutes; place on slices of toast that have been cut in small pieces and serve immediately. The pan must be very hot before the "pigs" are put in and then great care taken that they do not burn. This is a very nice relish for lunch or tea, and garnished with parsley is a pretty one.

MRS. OBER

BAKED FISH

Spread butter over a baking tin, sprinkle over it one onion, cut fine; lay on this a thin slice of halibut or any small whole fish, split

down the middle, add one tablespoon of vinegar and spread thickly with butter; bake from one-half to one hour according to the thickness of the fish. Remove to platter; add one large spoon flour to the butter left in the pan, and when well mixed, add one-half pint hot water, let boil, stirring all the time, then add three minced mushrooms or pickles; pour this over fish, which has been kept hot in the oven; garnish with lemon points or parsley. Serve.

MRS. F. J. CLAY

ESCALLOPED OYSTERS

One quart oysters, one-half cup sweet cream, one tablespoon melted butter, two cups broken crackers, one well beaten egg, one level teaspoon of salt; put all into a two-quart granite basin and stir. Should this not be well moistened add one cup of milk. Bake for twenty minutes in a hot oven.

MRS. C. STINSON

CREAM SALMON

One can salmon, minced fine; drain off liquor, throw away. Dressing: Boil one pint milk, two tablespoons butter, one-half teaspoon salt, one-quarter teaspoon pepper, one pint bread crumbs; place a layer of buttered crumbs in a buttered dish, then a layer of salmon, then dressing, then crumbs and so on until all is used; put into a hot oven and bake twenty minutes.

MRS. W. I. SIMPSON

FRIED FISH

Take a nicely dressed fish, cut into pieces about three inches square, salt and let stand one or two hours, dip in beaten egg, roll in cracker crumbs; fry in hot lard over a slow fire about twenty minutes or half an hour.

MRS. P. W. HALL

CORN OYSTERS

Take twelve ears of corn and cut down through each row of grains lengthwise, then scrape down with the back of the knife, add three well beaten eggs, three tablespoons of flour and a large pinch of salt. Mix thoroughly and drop with large spoon into hot

fat an inch deep. When brown on one side, turn, and when brown on both sides they are done. In winter one can of corn, and add one level teaspoon of baking powder.

MRS. OBER

STUFFED BLUEFISH

Bluefish should be well chosen. After properly cleaning soak in strong salt water an hour before cooking. Do not remove the head, when preparing for the oven dry upon a napkin; have enough bread crumbs, softened with heated butter, to fill the fish, season to taste; fill the fish and sew up; put skewers through the gills; place in dripping pan with piece of butter or suet. Bake in hot oven three-quarters of an hour. Upon being served pour over browned butter, otherwise it is apt to be somewhat dry.

New York City

MRS. ALBERT DAMON

OYSTER FRY

Take two dozen fine, large oysters and drain free from juice; beat whole of six eggs; roll oysters well in cracker meal; put one part butter and three parts lard in heated pan; dip oysters in beaten egg; place in pan, season with salt and pepper and fry slowly until lightly browned on both sides. Serve, with little piece of butter, size of a pea, on each oyster, and garnish with thin slices of lemon and parsley. White bread, cut into small squares of about an inch, either fresh or toasted, is nice to serve with the oysters. Tomato catsup is considered a necessary requisite on the table when fried oysters are being served.

H. A. CARSON

Meats



In choosing meat great care should be exercised. If your butcher is honest you can depend mainly on him to tell you the best meats for different dishes; but it is well to know something about choosing meats yourself.

Beef. A rib or sirloin piece is best for roasting; have the butcher remove the ribs and roll and skewer the meat for you. Always wipe the meat clean with a wet cloth, have a good hot oven and a clear fire; do not salt the roast until it is half done. If you have not a regular meat roaster, you can roast the meat in a deep baking tin, basting with the dripping, or better yet turning the meat over in the pan every twenty minutes; some dredge a roast with flour, if you like the flavor of onion, add a small one to the meat. Do not roast the meat too long or it will be dry and tasteless. Some add water to the roast, should you do so it must be boiling hot and only a very little. For a mutton roast, a leg or saddle is the best. For pork, ribs. For chicken, a fat one about a year old. Ducks, geese and turkeys, six or nine months old. Meats for boiling must be put into boiling hot water.

MRS. N. NELSON

STEAK

Steak that is tough can be cooked in the following manner. Remove the bones and gristle, save these for soups, put the bits of suet in skillet, let them get hot, roll steak in wheat or cream of wheat, cover, fry on each side about ten minutes, season, turn over meat one-half cup sweet milk, let boil up once. Serve

MRS. N. NELSON

SAUSAGE

One pound of sausage or Hamburg, two eggs, roll three crackers, piece of butter the size of an egg; mix well together and fry in butter, salt and pepper to suit the taste.

MRS. BYRON DONOVAN

VEAL LOAF

Chop fine three pounds leg or loin of veal and three-fourths pounds salt pork; roll one dozen small crackers, put half of them in the veal with two eggs, season with pepper and a little salt if needed; mix all together, and make them into a solid form, then take the crackers that are left and spread smoothly over the outside; bake one hour and eat cold.

MRS. H. C. HOLLENBECK

BAKED PORK CHOP

Take four chops about one-half inch thick, place in a well buttered frying pan, sprinkle with salt and pepper. Take dry bread crumbs and make a dressing as follows: Two eggs well beaten with three tablespoons milk, a little sage, salt and pepper. Spread this on each chop and bake until a rich brown and serve with brown gravy.

MRS. EDITH SCOTT

CHICKEN PIE

Cook the chicken until well done; season well with salt and pepper; mix two tablespoons of flour with one-third cup of water, pour over the chicken and boil a few minutes. Make crust the same as for biscuits.

MRS. BYRON DONOVAN

TURKEY DRESSING

One loaf of bread, with crusts removed, crumbed fine; one medium sized onion grated, raw, one teaspoon sage, one teaspoon summer savory, salt and pepper to taste; one pint oysters and the

liquor, butter the size of a small egg, one-teaspoon sugar, small teaspoon baking powder and cream enough to moisten the bread.

MRS. O. H. STICKNEY

ONE WAY TO ROAST TURKEY

Wash the turkey well inside and out and wipe dry with a clean cloth; rub with salt and pepper and fill with any good turkey dressing; sew up the openings so as to retain the flavor of the dressing and turkey; then take a large cloth and wrap the fowl closely, sewing it firmly together; the cloth should be greased with butter before covering the fowl, place in a roasting pan with enough water to keep from burning and roast in a medium oven from two and a half to three hours, according to the size of the turkey. Some prefer covering the fowl with slices of bacon instead of the cloth.

MINCED HAM WITH SCRAMBLED EGGS

Chop finely bits of cold ham, break six eggs into a sauce pan containing one tablespoon of butter, stir hastily and as soon as they are cooked, stir in the ham, season with salt and pepper, stir together, turn into a hot dish garnished with parsley.

GERTRUDE RIDDLELL

FRIED BEEFSTEAK

Let the frying pan get very hot, trim the steak and remove all gristle, hack or pound the meat well, then place in hot frying pan, let remain a few minutes, turn over, do this once or twice. salt and pepper; when the meat is done, lay it on the plate, then put butter in the frying pan and cook, when brown pour over the steak. A little water or milk put in pan and thickened with flour makes a good brown gravy.

BROWN STEAK

Have the butcher cut the steak thick, then after washing it, put in skillet without drying, salt and pepper; add a large lump of butter, cover and let stew in the water and butter for one hour; by this time water should all be boiled away; if it should evaporate before three-quarters of an hour, add a little more, fifteen minutes before serving, remove the cover and let fry to a light brown. This is a good way to cook tough steak.

HAMBURG STEAK

Salt, pepper, and flavor with onions, if desired, roll in flour, make into balls and fry in hot lard.

TO ROAST BEEF

Four pounds of meat; after washing put in roasting pan or use as pot roast, fill pan half full of water, two kernels of garlic, two large onions, four bay leaves, three cloves, six allspice, some pepper, also add some ground pepper, sprinkle flour on top, salt to taste, sprinkle with butter. If too fat remove fat. For pork roast cook the same except leave out spices and garlic.

MRS. PAUL FIEBIG

SPICED BEEF ROLL

Take a round of beefsteak; cut thin, sprinkle lightly with ground spices and roll tightly into a roll, tie to hold in shape, lay in an earthen dish, in vinegar to cover it, all night; in the morning, cook in the vinegar it has lain in with one cup of water, one teaspoon salt, cook slowly five hours; have one teaspoon of dry flour browned in a pan, stir into this liquid and serve. Good to slice thin for picnics or tea.

MRS. LOUISE ZELLAR

BREADED VEAL

Cut veal into medium sized pieces, sprinkle slightly with salt; beat three eggs and add three tablespoons of milk to them, dip each slice of veal in the egg, then in cracker crumbs; do this three times; then fry to a rich brown in plenty of butter.

MRS. R. P. SCOTT

MEAT WITH SOUR GRAVY

To one tablespoon of butter heated, add one tablespoon of flour, let it brown, then add water enough to make the required amount of gravy; season with salt, pepper, two tablespoons of vinegar and one teaspoon of sugar, stir thoroughly and pour over, left-over meats that have been chopped fine.

MRS. C. W. KNATER

Salads



FAVORITE SALAD

The chief thing necessary for a good salad seems to me to be a good dressing. For a rich salad a mayonnaise, for a sour salad a French dressing, can scarcely be improved upon.

One of our favorite salads is the following: One and one-half cups of mayonnaise dressing, two small cucumbers, crisp and cold, and cut into small squares, two ripe, but solid, tomatoes, each cut into about six pieces, a half cupful of English walnut kernels, and the white leaves of two ordinary sized heads of good lettuce. Mix all together in a salad bowl and add the mayonnaise just before serving.

RACHEL FOSTER AVERY

FOR A LESS EXPENSIVE SALAD

Three solid, tart apples, pared and cut into small squares,—a pint of macaroni (or it looks better to use spaghetti which is really the same thing in another form) cooked well and thoroughly cooled and cut into inch long pieces, about two-thirds of a cupful of mayonnaise dressing.

RACHEL FOSTER AVERY

FRUIT SALAD

Six oranges peeled and quartered, six bananas peeled and sliced, one pound English walnuts, one can sliced pineapple, one box of jellyo, strawberry flavor, shell the walnuts, and cut all these fruits and nuts into small bits, with sharp scissors; in a deep

dish put a layer of nuts, then oranges, then bananas, then pineapple, then the nuts and so on till all are used. Dissolve the jelly in one pint of hot water, add one cup of sugar,—stir until all the sugar is dissolved and pour over the salad; set on ice until the salad is solid, at least six hours or until the next day. When ready to serve, turn out on a pretty flat dish large enough to hold it nicely, and trim around the edge with pretty leaves, or flowers, nasturtiums are nice leaves and flowers.

MRS. WALTER BARRAGER

FRUIT SALAD

Pour one pint of boiling water on one half box of Knox's gelatine, add the juice of one lemon, and two cups of sugar; stir until dissolved, then strain through a cloth, let cool. When it begins to thicken, stir in a can of sliced pineapple, three oranges, one dozen figs and one teacup of nut meats.

MRS. NELLIE GIBSON

FRUIT SALAD

Take oranges, bananas, peaches, plums, berries, or any other kind of fruit, cut in dice and mix. Put over all a good salad dressing, to which has been added a good amount of cream, well whipped. A nice way to use bits of left over fruit. Nut meats may be used if desired.

MRS. OBER

NUT SALAD

To one cup of chopped nut meats, add one cup of chopped apple and a good salad dressing, or nuts may be used alone. Serve with sliced bananas.

MRS. OBER

CABBAGE SALAD

Chop cabbage very fine, add one teaspoon salt, one half teaspoon pepper, two tablespoons sugar, mix all together. Put three-fourths cup good cider vinegar, one fourth cup cold water in a

shallow granite basin, add one large tablespoon of butter, when it is melted pour in the vinegar and water. Beat the yolks of two eggs to a cream, add one large teaspoon of prepared mustard, then stir into the vinegar when it is hot. Keep stirring with a silver fork until it is smooth and creamy. Remove from fire, when cold pour over cabbage, adding two tablespoons of sweet cream, mixing all together. Place in a dish, garnish with hard boiled eggs sliced over the top. One pound almonds blanched and chopped added to the above are very nice.

MRS. C. L. DIXON

CHICKEN SALAD

One large chicken boiled tender and chopped, twelve eggs boiled hard, one cup salad oil or melted butter, six stuffed pickled peppers chopped, or one head cabbage and one pint sour cucumber pickles chopped fine, three cups chopped celery, one teaspoon ground pepper, two tablespoons ground mustard, one cup good vinegar. This makes one gallon.

MRS. C. L. DIXON

LETTUCE SALAD WITH LEMON

Choose nice, tender lettuce, pile lightly in a dish and pour over it a dressing made from lemon juice and sugar, one tablespoon of sugar to the juice of one lemon; over the top place hard boiled eggs sliced. This sounds very simple but it is delicious.

DORA ABORN

BANANA SALAD

Slice three or four bananas crosswise, and add a few slices of apples (the apples must be very thin, serve in lettuce leaves with cream dressing. Made as follows: Beat the yolk of one egg, with one teaspoon of made mustard, one tablespoon sugar, five tablespoons of vinegar, salt to taste; cook in double boiler until about as thick as cream; when cool add one half cup of sweet cream well beaten, and the white of one egg, beaten to a stiff froth.

MRS. W. D. BOIES

CHICKEN AND CABBAGE SALAD

Boil small chicken until tender; season while boiling; chop fine; also chop into one small head of cabbage; cut into four pieces of celery. Dressing: Three eggs well beaten, one-half cup of sugar, one-third of vinegar, one-half cup of sweet cream, beaten; pour over contents of the mixer or the bowl, whisking rapidly; add salt and sugar, and mix; add medium oil; pour contents into a bowl; pour over the chicken and cabbage; mix well together. When ready to serve, mix together.

BEEF SALAD

Boil and cut into cubes; add onion, salt, pepper, vinegar, and oil; mix. When ready to serve, mix together. One cup of beef, one cup of onion, with a half pint of vinegar, dressing of oil, sugar, and vinegar. Garnish with hard-boiled eggs or any kind of paper vegetables. Serves 10.

NUT SALAD

Two cups of peas well chopped fine, one cup of celery, one dozen olives, pour over salad dressing. Set in ice box until ready to serve.

MRS. EDWARD LINDSEY

POTATO SALAD

Boil ten good sized potatoes; chop or slice fine two onions; peel and slice potatoes while warm, one layer of potatoes, and then one of onions, sprinkle lightly with salt and pepper, covering each layer with the following dressing until the dish is full. Dressing: Three eggs well beaten, one-half cup of vinegar, one-half cup of butter, two-thirds cups warm water, let scald, not boil, and use while warm, slice four hard-boiled eggs on the top. This can be made right after dinner and is then ready for supper. Serve cold.

MRS. F. W. CRAM

POTATO SALAD

Six large boiled potatoes, one or two sticks of celery, half an onion, a number of lettuce leaves, white of one egg; chop all ingredi-

lentis fine, mix and salt. Dressing: Mash the yolk of one hard boiled egg in which has been added one teaspoon of sugar, one teaspoon of mustard, one tablespoon of butter, three table-spoons of vinegar and beat and pour over the salad. Put on top, egg, celery, or plum tomato or rutabaga.

MRS. G. A. GIBSON

CELERY SALAD

Take one large celery, drain off water, cut into thin slices and use two cups celery sliced and five or eight hard boiled eggs (franklin and white suggested) with the celery. Make your salad dressing. Dressing: Yolks of four eggs and two spoons of milk and two spoons sugar, one half cup of cream, one half cup of sweet milk, one half cup vinegar, salt and a little cayenne pepper. Beat eggs, adding butter drop by drop, add milk slowly, then spices in a little vinegar, beat and cook in a kettle of water until thick.

MRS. C. H. BALLARD

POTATO SALAD

One half pound blanched almonds, one dozen medium sized potatoes, either celery or celery seed, a very small onion, chop all fine; sprinkle a half teaspoon of salt over potatoes, then use any good salad dressing.

MRS. P. W. HALL

SALMON SALAD

Equal parts of salmon, cabbage and celery, eight hard boiled eggs chopped very fine, add pepper and salt to taste, chop fish, cabbage and celery second, then mix with the eggs and seasoning. Dressing: One cup weak vinegar, one half cup sugar, yolks of nine eggs beaten thoroughly, butter size of an egg, one half teaspoon salt, one teaspoon mustard; mix well together and set in a pan of hot water to cook until like very thick cream. Use enough of this dressing to moisten the salad; the balance of the dressing will keep a long time in a fruit jar in a cold place.

MRS. LIZZIE CAPLE

BEAN SALAD

Chop cold string beans and young onions, season and mix together. Pour over them salad dressing.

MRS. FRANK WEBSTER

WALDORF SALAD

Take equal parts of celery and apples chopped not very fine, mix together, pour over them any good salad dressing.

MIXED SALAD

One small head of cabbage chopped fine, one dozen small sweet cucumber pickles chopped fine, also one-half pint olives cut from pit and chopped, one pound English walnuts left nearly whole, celery to suit taste, if you can't get it use celery seed. Dressing: Yolks of three eggs, one cup of vinegar, two large tablespoons of sugar, two teaspoons mustard. Cook all together except the eggs, when cooked put in the well beaten eggs while boiling hot, let cook until it looks done. When cool and ready to use, add two coffee cups of whipped cream.

MRS. D. E. DEAN

SALMON SALAD

One can of salmon cooked twenty minutes in boiling water; take out of the can and pour off oil; salt, pepper and cover with vinegar and let stand twenty-four hours. Dressing: Yolks of two raw eggs, same of hard boiled, mashed fine; add one tablespoon of mustard, three of melted butter, salt.

MRS. G. A. GIBSON

LOBSTER SALAD

Mince the meat of a small can of lobster into crumbs. Chop a small head of cabbage fine and cut two bunches of celery into small pieces, but do not chop as they will turn dark colored. Salt and mix all together with dressing. Dressing: Yolks of four eggs, one cup of sweet cream, one small cup of vinegar, one cup of sugar, a

small lump of butter, one teaspoon of mustard. Cook until thick, be careful not to burn, let it get cold before mixing with other ingredients.

Mrs. R. P. SCOTT

MUSTARD SALAD FOR MEATS

One small cup of vinegar not too strong, three tablespoons ground mustard, two tablespoons sugar, one tablespoon butter, yolks of four eggs well beaten; place vinegar with butter and sugar on the stove and when it comes to a boil moisten mustard with a little water, add the yolks of the eggs very slowly to the boiling vinegar, stirring all the time until it is creamy; remove from fire, let cool. Lovely for any kind of meat.

Mrs. P. W. HALL

RELISH FOR ROAST DUCK OR GAME

Slice six large oranges, grate the rind of one, add the juice of one lemon, three tablespoons salad oil or melted butter, one-quarter teaspoon cayenne pepper, mix all together, pour over the oranges and serve with the game or duck.

Mrs. H. C. ELLIOTT

SALAD DRESSING

Three tablespoons vinegar, yolks three eggs, one tablespoon each of mustard and sugar, one-half teaspoon salt, pinch of pepper, pour boiling vinegar onto the well beaten yolks, add other ingredients; cook until thick, add a chunk of butter the size of a walnut, thin with milk when ready to use.

Mrs. W. ISENHART

SALAD DRESSING

The beaten yolks of eight eggs, one cup of sugar, one tablespoon of salt and black pepper, a little cayenne, one-half tablespoon of mustard, minced thoroughly with one scant cup of cream. Bring to a boil one and one-half pints vinegar, add one cup butter, and boil, then pour over the mixture, stir well, bring to a boil,

strain put in bottles and keep in cool place. When wanted to use take equal parts cream and this mayonnaise made dressing. Will keep for months even in summer.

Mrs. C. H. OSMAN

FRENCH DRESSING

French dressing is made at the great New York restaurant Delmonico's after the following proportions: One tablespoonful salt, two ounces of pepper (it can be saved) if black or white is preferred use three shaves, one tablespoon of good vinegar, two or three sugar preferably and three tablespoons of olive oil beat thoroughly with a fork for just before using.

This dressing is excellent for potato salad made with cold cooked potatoes and a little onion and served on lettuce leaves; also for lettuce alone for cucumbers and many other things. If you use it with cabbage be sure to change the proportions to two table-spoons of vinegar to three of oil as the cabbage is sweet and demands more vinegar for that amount of oil.

Rec. Sec. W. U. S. A.

RACHEL FOSTER AVERY

MAYONNAISE DRESSING

Yolks of two eggs, before beating put in a pinch of salt, pinch of mustard and dash of red pepper, beat well, add one-quarter teaspoon of olive oil and the same amount of vinegar, alternating drops, beat all the time to keep from curdling. Thin when using if necessary.

MRS. MAMIE FRISBEE

MAYONNAISE DRESSING

Here is a salad dressing, made without oil that we often use: One teaspoon of sugar, one teaspoon of salt, one-half teaspoon of mustard, two eggs, four tablespoons vinegar, a small pinch of cayenne pepper; beat the eggs, yolks and whites separately, add the vinegar which has been heated, set the dish over hot water and stir the eggs and vinegar until well cooked, then add one good teaspoon of butter, salt, pepper, mustard and sugar; before using add two large tablespoons of cream. This dressing will keep several

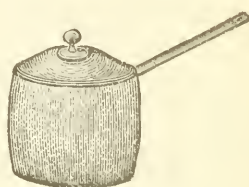
SARAH W. WHITNEY



Deep Preserving
Kettle



Seamless Straight
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Seamless Covered
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Covered Seamless
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Cake Making



Clear the table of superfluous articles. If possible have your table covered with white oil cloth. Don a large clean apron and you are ready for cake making. Presuming that your tins were well washed and dried when last in use; they are now ready for greasing; this should be done with clean lard as butter burns more easily, sift in flour then shake out again, this will show if any part is not greased and cake can be removed with less difficulty. Bring all materials to be used to the table, also dishes. The utensils needed are an earthen dish for stirring dough, a granite spoon for mixing, an egg beater, a large plate for beating whites, cups for measuring, a square board covered with brown paper to turn cakes upon when baked. Provide yourself with a clean towel dampened at one end for wiping your fingers upon when soiled. Always use the same sized cups and spoons for measuring. Use granulated sugar unless otherwise designated in receipt, the best kind is the fine, not too blue. The best flour is that which has been ground not less than three weeks. If gasoline or gas stove is to be used, let oven heat twenty minutes before needed. If the stove is that for coal or wood get this ready before beginning cake making and have plenty of fuel on hand; have a nice clear fire so that your oven may be right when you are ready to use it. Better oven wait for cake than cake for oven.

Always sift your flour before measuring into a basin, then fill the measuring cup by dipping the flour into it with a spoon. Use the best of materials, be sure the eggs are perfectly fresh. Eggs in warm weather should be kept in a cool, dry place. Just before beating the whites sprinkle over them a very small pinch of salt, and beat at once. This helps to make them beat quicker, also the cooler you can have them. If you set them on ice for a time before beating it will be better.

Always put the baking powder into the flour before sifting unless otherwise directed, dissolve soda with a little cold water before putting into the milk. When shortening is called for, it means either lard or butter or both mixed, or cottolene. For softening butter so it will cream or mix better get the quantity of butter needed before commencing your cake and let it stand in the warm room; by the time you are ready for it, it will be soft enough. To cream butter and sugar means to rub them together and then beat with a spoon until they are like thick cream.

Cake can be tested when baking by putting a toothpick into the cake. If when it is withdrawn no batter adheres, the cake is done.

When making layer cake turn the tin upside down and pile the layers on each bottom side up; let the layers cool before putting on the filling unless otherwise directed in the receipt. When corn starch is used sift it in with the flour.

MRS. FRED FRISBIE, SE

LAYER CAKES

CHOCOLATE

Yolk of one egg well beaten, add one cup cold water, one-quarter ounce cocoa, (Baker's Sweet) boil and keep hot; stir in one cup one heaping tablespoon butter, one scant cup sugar, add one cup boiling water in which is one teaspoon soda; add the part boiled hot dissolved with one-half teaspoon vanilla, stir all together, add one and one-half cups sifted flour; bake in two layers, and put between layers and on top, icing made with one cup sugar, white of an egg beaten stiff; the sugar dissolved with one-half cup water and boil until it threads, then add the with of egg.

MISS M. E. BRAY

BLACK CHOCOLATE

One-half cup milk, one-half cup sugar, yolk of an egg, one-half cup Baker's chocolate, shave chocolate fine; add together the sugar and milk, then the yolks well beaten; boil until it thicken; set aside

to cool while mixing the following: One cup sugar, one-half cup butter beaten to a cream, two eggs, separate white and yolk and beat each part well; one-half cup sour milk with one teaspoon soda dissolved in it, two cups flour, and lastly the chocolate prepared; bake in four layers and put together with boiled icing.

MRS. J. R. MITCHELL

CHOCOLATE CAKE

One cup butter, one cup milk, two cups sugar, three cups flour, four whites of eggs, two teaspoons baking powder. For frosting use Mrs. McCormack's frosting.

MRS. B. F. MCCORMACK

EASY MADE CHOCOLATE CAKE

Two cups of sugar, yolks of three eggs, one-half cup of butter, one and one-half cups of milk, three cups of flour; melt three small squares of Baker's chocolate, to which has been added one tablespoon of sugar, and three of milk; stir this into the cake, bake. This is as good as Devil's food.

MRS. C. W. TOOTHAKER

VARIETY CAKE

Two-thirds cup of butter and one cup of sugar creamed together, one-half cup milk, yolks of five egg well beaten, one teaspoon baking powder, two cups flour sifted together; divide and flavor one-half with orange, add to the other half enough chocolate to color; flavor with vanilla, bake in two layers. Also make batter for white and pink parts as follows: One-half cup each of butter and sugar creamed, one-half cup sweet milk, whites of five eggs beaten to a stiff froth, one teaspoon baking powder and two cups flour sifted together; divide, flavor one-half with rose, the other half with lemon, color rose with red coloring; bake each part in two layers, when all are baked, place first a brown layer, then white, red and lastly yellow, with jelly or icing between, ice the top.

MRS. W. S. LAMB

DEVIL'S FOOD

Yolks two eggs well beaten, pour over these one cup cold water, add one-half cake Baker's chocolate grated, cook until quite

thick or the consistency of gravy; while hot add two tablespoon butter, and two cups sugar, not creamed, one teaspoon soda dissolved in one cup hot water, let cool; add three cups flour and two two teaspoons baking powder, sifted together. Filling for same: One-half cup cold water, one-half cup sugar, one teaspoon corn starch, dissolved in a little water, one teaspoon grated chocolate one teaspoon vanilla, cooked to the consistency of thick gravy; bake cake in three layers; spread filling on when cake is cool.

MRS. ALICE BROCK

DEVILS CAKE

One cup dark brown sugar, two eggs, one cup sweet milk, two cups flour, one-half cup butter, one teaspoon soda dissolved in a little hot water. Dark part: One scant cup grated chocolate, one half cup sweet milk, two-thirds cup brown sugar, yolk one egg mix well and cook, when cold stir into batter; bake in three layers and put together with white icing.

MRS. VAN PATTEN

WHITE LAYER CAKE

One cup butter, two cups sugar, whites of eight eggs, two cups flour, one cup sweet milk, two large teaspoons baking powder. Filling: Whites of two eggs, beat stiff, one-half cup sugar, two thirds cup raisins and one-half cup walnuts chopped fine; beat well and spread between cakes.

AMY CARSON

WHITE CAKE

Two cups sugar, one-half cup butter beaten to a cream, one half cup sweet milk, two and one-half cups flour, two and one-half teaspoons baking powder, whites of eight eggs; bake in jelly tins. Icing: Boil a half teacup of water and three teacups of sugar til thick; pour slowly over well beaten whites of three eggs; beat til cool; sprinkle grated cocoanut between layers.

MRS. GEO. PORTERFIELD

PINEAPPLE CAKE

One cup butter, two cups sugar, creamed; one cup sweet milk, whites of six eggs beaten stiff, three cups flour and two heaping teaspoons baking powder sifted together; beat all thoroughly together and bake in three layers. Filling: One small can pineapple, (the grated kind,) one-half cup sugar; put on stove, when it comes to a boil, thicken with a little corn starch wet with water; spread between layers and on top or leave top plain and frost.

MRS. C. J. INGRAM

PRESSED CAKE

One cup sugar, one-half cup butter, one-half cup sweet milk, three eggs, two teaspoons baking powder, two cups flour; cream the butter and sugar, add milk, then eggs well beaten, then flour with baking powder sifted in; take one-third this mixture add to it one cup of seeded raisens or mixed fruit, one teaspoon each of ground cloves and cinnamon or the essence; make two layers of the plain batter and one of the brown; put together with icing or can use jelly if preferred, with the brown layer in the center.

MRS. F. FRISBIE

CRACKER CAKES

One pound English walnuts chopped fine, one cup pulverized sugar, eight eggs, white and yolks beaten separately, three-quarters cup of sifted cracker dust, one teaspoon baking powder; bake in three layers. Filling for same: One pint milk, one-half cup sugar, butter size of walnut heaping tablespoon corn starch, three eggs well beaten, flavored with vanilla; let milk and sugar get hot, then stir in other ingredients; cook until the consistency of creamy custard; spread between layers when cold.

MRS. J. R. ELLIOTT

HICKORY NUT CUSTARD CAKE

One cup sugar, one-half cup butter, creamed together; one-half cup sweet milk, whites of six eggs beaten to a stiff froth, added last of all two cups flour with two teaspoons baking powder sifted

three times; bake in two layers. Custard: One egg beaten, one-half cup sugar added, and beat again, one-half cup milk, one tablespoon corn starch, dissolved in the milk, one cup chopped walnut meats, one teaspoon vanilla; after cooking put custard in a double boiler and cook until it thickens; spread between layers, add one-half cup chopped nut meats to boiled icing, flavor with one-half teaspoon lemon and spread on top of cake; custard can be cooked in a pan of hot water should you have no double boiler.

MRS. LIZZIE CAPLE

CARAMEL CAKE

One and three-quarters cups of dark brown sugar, one-fourth cup of butter, one-half cup sweet milk, two cups flour, two teaspoons of baking powder, two eggs, half cake Baker's chocolate dissolved in a half cup of boiling water, flavor to taste; bake in layers and make a white frosting. Fully as nice as Devil's food.

MRS. ADA FARWELL

SPICED GOOSEBERRY CAKE

One cup of sugar, three eggs.—save white of one for frosting.—two-thirds cup of butter or lard, two-thirds cup of sour milk with one teaspoon of soda dissolved in milk, one cup of spiced gooseberries or jam. (In using jam use spices, one-half teaspoon each of cinnamon, cloves allspices.) Bake in layers. Fill with boiled frosting.

MRS. COLLINS

FIG CAKE

Light part: Two cups white sugar, two-thirds cup of butter, not quite two-thirds cup sweet milk, whites of eight eggs, three teaspoons yeast powder thoroughly sifted with three cups flour; stir sugar and butter to a cream, add milk and flour; whites of eggs last beaten stiff.

Gold part: One cup sugar, three-fourths cup butter, one-half cup sweet milk, one and one-half teaspoon yeast powder sifted in a little more than one and a half cups flour, yolks of seven eggs thoroughly beaten and one whole egg, one teaspoon allspice and

cinnamon until you can taste; bake the light part in two large rather deep pans, put half the gold in another long pan, lay on one pound figs cut in halves, (previously sifted over with flour,) so that they will touch each other, put rest of gold on them and bake; when done put together with frosting, the gold between the two whites and cover with frosting.

MRS. W. L. BOISE

MAHOGANY CAKE

Two-thirds cup lard, teaspoon of salt, two cups of sugar, one-half cake of Baker's chocolate, one cup of sweet milk, two teaspoons of baking powder, three cups of flour, flavor with lemon and vanilla, yolks of eight eggs; mix the lard and salt thoroughly, then add the sugar, and beat twenty minutes; add the yolks of eggs after beating them well. Grate chocolate in milk and cook till thick; stirring constantly to keep from burning; set aside to cool before adding it to other ingredients. After adding chocolate stir in flour with the baking powder having been previously mixed with flour, flavor; beat this thoroughly after which add one and one-half teaspoon soda dissolved in one-third cup boiling water; stir through lightly and put in oven to bake.

Ottumwa, Iowa

MABLE PARKER

COCOANUT CAKE

Whites of ten eggs beaten to a stiff froth, one tumbler full of sugar and one of flour, one and one-half teaspoons of baking powder, add flour to sugar, then sift them four times; lastly add this a little at a time to the eggs, stir thoroughly; bake in two layers. Fill with boiled frosting, sprinkle cocoanut over, also finish the top the same.

MRS. P. A. EDINGTON

RAISED BREAD CAKE

One cup of butter, two cups white sugar creamed together, add three eggs, whites and yolks beaten separately; one teaspoon soda dissolved in boiling water, two cups of light bread sponge, about one and one-half cups of flour; (if bread sponge is thick this

is plenty of flour, if sponge is not thick this is not enough flour;) one heaping teaspoon ground cinnamon, one heaping teaspoon ground cloves, one cup seeded raisins, (well floured,) one cup English currants, put in pan and allow to stand in a warm place about three hours; bake in a slow oven. Excellent.

MRS. CAREY PYNCHON

PORK CAKE

One pound fat salt pork chopped fine dissolved in one pint of boiling water, three cups brown sugar, one cup molasses, one pound raisins or more if liked, one pound currants or more if liked, one-half citron, two tablespoons cinnamon, one teaspoon cloves, one teaspoon soda, two teaspoons cream of tartar, two nutmegs, seven cups flour.

AMY CARSON

ONE EGG CAKE.

One cup sugar creamed with nearly one-half cup butter, one well beaten egg, one cup sweet milk, two cups of flour with two heaping teaspoons of baking powder sifted in, one teaspoon of vanilla or any preferred flavor. This recipe can be used either as loaf or layer cake. Add spices for spice cake. Fruit for white fruit cake. Make a marble cake by adding spices and grated chocolate to one half of it. Good cookies by adding more flour.

MRS. JUDGE LADD.

BLACKBERRY CAKE.

Three eggs, one cup sugar, three-fourths cup butter, one and one half cups flour, one cup blackberry jam, or fresh berries with sugar on and mashed. Three tablespoons of sour cream, one level teaspoon of soda, one scant teaspoon each of allspice and cinnamon, a little grated nutmeg, the yolks and whites of the eggs separated and the yolks beaten well; next the butter and sugar creamed, add cream with soda dissolved in it, the berries and spice, the flour and lastly the whites, beaten to a stiff froth. Bake in a loaf or in layers putting icing flavored with lemon or vanilla between the layers.

MRS. J. E. VANPATTEN.

LEMON CAKE.

Whites of six eggs beaten to a stiff froth, one cup sugar, one half cup cold water boiled until it hairs, pour in slowly to whites, beat until almost cold; beat yolks of six eggs to a cream, and beat into whites; add to the rest grated rind and juice of one lemon, then one cup sifted flour. Bake slowly forty minutes.

MRS. J. R. ELLIOTT.

ROLL JELLY CAKE.

One cup sugar, one teaspoon baking powder, one-fourth teaspoon salt, all sifted together into the mixing bowl; beat four eggs very light, until they stand up foamy, then stir into the sifted flour, beat well together. Have shallow, buttered tins ready; two medium sized tins are needed for this recipe: pour in the batter which should spread very thin; bake at once in a quick oven; as soon as the cake is done, turn out onto a cloth, spread with jelly which you have previously beaten well. while the cake is hot, roll quickly and cover with a cloth.

MRS. L. L. BASSETT.

SEVEN MINUTE SPONGE CAKE

One coffee cup of sugar, one coffee cup of flour, one teaspoon baking powder; stir these together; make a place in the middle and break in four eggs, add four tablespoons of cold water, and one teaspoon of extract. Mix and bake in a pan ten by eighteen inches. Do not beat the eggs at all; bake in an even oven.

Rock Rapids, Iowa.

MRS. H. B. PIERCE

MOLASSES LAYER CAKE

One cup of sugar, one-half cup molasses, scant half cup butter, one-half cup of sour milk, two cups of flour, one teaspoon of soda, one of cinnamon, three eggs; save whites of two for frosting; use raisins in frosting.

MRS. BAUDLER

SOUR CREAM CAKE

One cup of sugar, one of sour cream, quite thick, one scant tablespoon of butter, yolks of two eggs, one scant teaspoon of soda, one level teaspoon of baking powder, a pinch of salt; beat eggs, sugar and cream together with a wire egg beater; add soda and baking powder to two cups of flour; flavor to taste. Bake in three layers and put together with boiled frosting.

MRS. O. H. STICKNEY

MARSHMALLOW CAKE

One and one-half cups sugar, half cup butter, half cup milk, two cups flour, half cup corn starch, whites of six eggs, teaspoon of baking powder. Bake in layers. Make boiled frosting of the white of one egg, break in pieces half a pound of marshmallows, and add to the frosting. Ornament top of cake with marshmallows.

MRS. O. H. STICKNEY

GAELIC FRUIT CAKE

Cream two teacups of sugar and one of butter, add gradually one teacup of sweet milk, then the beaten yolks of nine eggs, four teaspoons of flour, sifted and mixed while dry with two teaspoons baking powder. While beating in the flour, add the whites of the eggs beaten to a stiff froth. Flavor with one teaspoon of any preferred flavor. In putting the cake in the pan, first place a thin layer of the cake, then a layer of these three kinds of fruit mixed; one pound of raisins seeded and chopped, half pound of currants, one-fourth pound of citron cut into thin shreds, then a layer of cake, then fruit and so on, finishing with a layer of cake; (of course the fruit must all have been washed and dried.) Bake in a moderate oven two hours.

MRS. D. H. MOORE

FRUIT CAKE

Seven eggs,—whites of two for frosting,—one cup of butter, one cup of sour cream, one cup of sour milk, two cups of sugar, one of molasses, two teaspoons each of cloves and cinnamon, one nut-

meg, one teaspoon of soda, three pounds of seeded raisins, one half pound of seedless raisins or currants, one fourth pound of shredded citron; add flour until thick and hard to stir. This makes three cakes, good after ten days.

MRS. KATE POWERS

WHITE FRUIT CAKE

Whites of sixteen eggs beaten very stiff, one pound white sugar, one pound flour, one pound butter, one teaspoon extract of bitter almonds, one pound blanched almonds, two ounces of bitter almonds, one pound citron cut fine, one cocoanut grated; pound the almonds in a mortar with a little rose water to prevent oiling; beat the eggs well; cream the butter into which stir the flour until quite stiff, then add alternately eggs, sugar and flour, reserving a little for fruit, till all are well combined, flavor with vanilla or extract of bitter almonds. Flour the fruit and put it in last, bake in a slow oven, using great caution not to burn, frost when cold.

MRS. H. T. THOMPSON

FRUIT CAKE

Four eggs well beaten, one cup brown sugar, one cup 'Orleans molasses, one cup butter beaten to a cream; one cup sour milk, one teaspoon soda dissolved in the milk, four cups flour well sifted; after this is well beaten together add one cup hickory nut meats, one cup stoned raisins, one cup dried currants well washed, one half cup shredded citron, one teaspoon each ground cinnamon and cloves. Makes one nice large loaf. Bake in a moderate oven one hour. Keep fruit cake always in a stone jar. Will keep indefinitely.

MRS TAYLOR WOOD.

MOLASSES CAKE

One cup 'Orleans molasses, one cup sugar, two eggs well beaten, one cup buttermilk, one teaspoon soda dissolved in the milk, two-thirds cup shortening—either butter or lard—one teaspoon of allspice ground, or the essence; two thirds cup seeded or seedless raisins; beat the eggs well, cream the sugar and shortening. Add to the eggs, molasses, spice, buttermilk and lastly the flour,

using enough sifted flour to make as stiff a dough as you can stir; add the raisins, stirring well through. Should you use lard add one half tea spoon salt. Bake in a shallow greased tin in a moderate oven from a half to three quarters of an hour. When done turn out on a smooth paper.

MRS. DORA MAYFIELD.

COFFEE CAKE

One cup sugar, one cup molasses, one cup shortening, one cup of coffee quite strong—use coffee left from breakfast if you have it—three eggs well beaten, one teaspoon each of cinnamon, cloves, allspice, lemon, vanilla and grated nutmeg; one teaspoon soda dissolved in a little water; flour enough to make a stiff dough—as stiff as loaf cakes usually are. Bake slowly from forty to fifty minutes or longer.

MRS. ETTA CHASE.

MRS. BROCK'S CAKES

One and one half cups of sugar, one cup of butter, beat until it creams; three eggs, yolks and whites beaten separately, one tea-cup of buttermilk, teaspoon of soda; mix all together, add two cups of currants or raisins, season with nutmeg. Bake in moderate oven.

MRS. C. S. BROCK.

SPONGE CAKE

Three eggs, beat two minutes, add one and one half cups of white sugar and beat five minutes; one cup flour, beat two minutes, another cup of flour with one teaspoon cream of tarter stirred in one half cup cold water with one half teaspoon soda; little salt and flavor, beat well. Makes two loaves.

MRS. KATE POWERS.

WHITE SPONGE CAKE

Whites of three eggs, one cup flour, one cup sugar, one tea spoon baking powder, one teaspoon butter, two tablespoons new milk, flavor with vanilla. Bake in a quick oven.

MRS. GEO. HOSKINS.

WHITE CAKE

One cup butter; two cups sugar, one cup sweet milk, whites of five eggs, three cups of flour, two teaspoons baking powder.

MRS. ISENHART.

WHITE CAKE

One cup sugar, one-half cup butter, one cup milk, whites of four eggs, two cups of flour, two teaspoons baking powder. Flavor to taste.

MRS. L. H. TEN EYCK

QUICK CHEAP CAKE

One scant cup of sugar; break an egg in cup and fill up with sweet cream, one and one-half cups of flour, one-eighth teaspoon of salt, one good teaspoon baking powder. This is good baked in layers with whipped cream between, or it may be baked in a loaf.

MRS. H. T. THOMPSON

DELICATE CAKE

One cup corn starch, one cup butter, two cups sugar, one cup sweet milk, two cups flour, whites of seven eggs; rub butter and sugar to a cream, mix one teaspoon of cream tartar with the flour and cornstarch, one-half teaspoon soda with the sweet milk, add milk and soda to the sugar and butter; then add flour, then the whites of eggs, flavor to taste. Never fails to be good.

MRS. E. E. MCCALLUM

SUNSHINE CAKE

Eleven eggs, all the whites, four yolks, one and one-half cups granulated sugar, one teaspoon cream tarter, one cup pastry flour; beat the eleven whites, beat the four yolks to a cream, add to the whites; sift the sugar, add to the eggs, mixing lightly, but thoroughly; sift the cream of tarter and flour together five times, then add to the eggs and sugar; the beating must be done very lightly with an egg beater; turn into an ungreased pan, bake in a moderate oven for forty-five minutes.

MRS. F. J. CLAY

ANGEL FOOD

Whites nine large, fresh eggs or ten smaller ones; beat until quite foamy, add small pinch of salt, and one-half teaspoon cream tarter; then continue beating whites until they are very very stiff, then stir in one and one-fourth cups sifted granulated sugar, one cup flour sifted four times, stir these in very lightly. Must have a tin on purpose for this cake and never grease it; bake in a moderate oven thirty-five or forty minutes.

Mrs. G. SMITH

VAN DEUSEN GOLD LOAF

Yolks of eight eggs, one cup granulated sugar, scant one-half cup butter, one-half cup sweet milk, one and one-half cups flour, two teaspoons baking powder; cream butter and sugar well together; beat yolks to a stiff froth and stir with butter and sugar, add milk; stir; add baking powder to flour, sift, and add to the mixture; stir very hard; bake in tube pan or a large flat tin in a moderate oven.

Mrs. G. SMITH

SNOW DRIFT CAKE

Mix three cups of flour, one-half cup butter, two cups sugar, one cup sweet milk, whites of five eggs, two and one-half teaspoons baking powder; bake in quick oven; flavor to taste.

Mrs. A. C. PYNCHON

GOLD CAKE

One cup sugar, three-fourths cup of butter, one-half cup sweet milk, two cups flour, yolks of eight eggs, one-half teaspoon soda, one-half teaspoon cream tarter; flavor to taste.

Mrs. C. V. VAN EPPS

MARBLE CAKE

First part: Two cups white sugar, one cup butter, one-half cup sweet milk, three cups flour, one teaspoon soda, two teaspoons cream tartar, whites seven eggs

Second part: Two cups brown sugar, one cup of molasses, one cup of butter, one cup sour cream, five cups browned flour, one teaspoon soda, one teaspoon cinnamon, allspice, nutmeg, yolks of seven eggs.

MRS. A. C. PYNCHON

ALMOND CAKE

Beat one cup sugar with nearly one-half cup butter and a half cup sweet milk, sift two cups of flour with a teaspoon of baking powder, add the whites of four eggs, beaten to a stiff froth and one pound of blanched almonds chopped fine.

MRS. J. C. STEWART

WHITE PERFECTION CAKE

One and one-half cups sugar, one-half cup milk, one and one-half cups flour, one-half cup corn starch, whites of six eggs beaten to a stiff froth, one and one-half teaspoons of baking powder; dissolve the corn starch in the milk and add it to the sugar and butter after they have been creamed; then add flour, a little at a time, and the whites of the eggs; flavor to taste and beat thoroughly.

MRS. C. S. SOYSTER

BRIDE'S CAKE

One cup butter, three cups sugar, beaten to a cream, four cups flour, one-half cup corn starch, one cup sweet milk, and the whites of twelve eggs beaten to a stiff froth, two teaspoons baking powder sifted in the corn starch and the flour, flavor to taste; beat all thoroughly; then put in buttered tins lined with letter paper well buttered; bake slowly in a moderate oven. Ice the top.

MRS. I. J. BUTTON

WATERMELLON CAKE

White part: Two cups white sugar, two-thirds cup of butter, two-thirds cup of sweet milk, whites of five eggs, one heaping teaspoon baking powder sifted into three cups flour.

Red part: One cup red sugar sand, half cup butter, half cup sweet milk, one teaspoon baking powder in two cups flour, half

pound raisins cut in two and rolled in flour, yolks of three eggs: put in the white, the red in the middle and raisins for seeds. Then white on top and around the sides.

MRS. F. S. PLUMB

ALICE CAKE

One cup of sugar, one egg, butter size of an egg, two teaspoons of baking powder, two cups of flour, one of milk. Made by a little girl.

ANNA BOUDLER

SOFT GINGER BREAD

One-half cup butter and lard mixed and melted, one-half cup sugar, one-half cup Orleans molasses, one teaspoon ginger, one egg well beaten, one even teaspoon soda, one-half cup boiling water, one and one-half cups sifted flour. Bake ten minutes in a moderate oven.

MISS M. E. BRAY

SOFT GINGER BREAD WITH SWEET MILK

One cup sugar, three cups flour, one cup sweet milk, one-half cup butter, one teaspoon soda, two of ginger; cream butter and sugar, add the other ingredients, lastly add the flour with the soda sifted in. Turn into a buttered tin and bake in a moderate oven.

MRS. PAUL MAHLER

GINGER BREAD

Two eggs, one cup of sugar, one cup dark molasses, one cup lard, one cup cold water, one heaping tablespoon of ginger, two teaspoons of soda, pinch of salt: flour enough to make as thick as cake dough. Eat warm. (Too much flour makes it dry.)

MRS. FRANK MYRES

GINGER CAKE

One egg, one cup molasses, one-half cup sugar, one cup sour milk, one teaspoon soda in the milk, scant half cup melted butter.

Two cups flour, one teaspoon baking powder in the flour, one teaspoon each of ginger and cinnamon.

Mrs. W. E. RUSSELL

GINGER BREAD THAT IS SPLENDID

Two cups New Orleans molasses, one cup sugar, one scant cup butter, two cups sour milk, two eggs, one teaspoon ginger, one teaspoon cinnamon, two teaspoons soda, one cup raisins, four and one-half cups flour; this will make two good sized tins full.

Mrs. C. V. VAN EPPS

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Icings, Filling and Ice Creams



SIMPLE ICINGS

Two cups pulverized sugar, add milk slowly stirring all the time until you have it the right consistency. Flavor. Do not cook this. Add chopped nuts and you have a nice filling for layer cakes. The beauties of this icing are: it is easily made, hardens quickly, and does not become brittle or shell off from the cakes as cooked icings are apt to do.

MRS. FEDELIA PERRY.

SIMPLE CHOCOLATE ICING

The white of one egg, butter the size of a filbert, one teaspoon of water, pulverized sugar enough to spread on cake and not run; add to the icings a small square of chocolate melted, and it is ready for use.

MRS. F. W. HOUCK.

ICING

Put the white of one egg, one teaspoon sweet milk and cream into a bowl, add confectionery sugar sufficient to stiffen and stir with a spoon. This must be used immediately as it will harden quickly. Flavor if desired.

MRS. C. S. SOYSTER.

FROSTING WITHOUT EGGS

To one heaping teaspoon of Poland starch and just cold water to dissolve it, add a little hot water and cook in a basin set in hot water till very thick, or cook in a crock, either will prevent its becoming lumpy. Should the sugar be lumpy roll it thoroughly, and stir in two and two-thirds cups while the starch is hot; flavor to taste, and spread on while the cake is warm. This should be made the day before using, as it takes longer to harden than when made with eggs, but it will never crumble in cutting. This is excellent.

Mrs. Col. Darnell

BOILED FROSTING

Two cups white sugar, one teaspoon flour, one-half cup water; stir well and set over fire, boil until it hairs from spoon, remove from fire and beat in whites of two eggs.

Mrs. O. H. Stickney

BOILED ICING

One cup granulated sugar, white of one egg; moisten the sugar with water and boil until it hairs from the spoon; add this to the well beaten white, stirring all the time until it begins to thicken; flavor. Spread on cake. Care must be exercised in boiling the sugar.

MRS. H. C. STRONG.

PLAIN UNCOOKED ICING

White of one egg, not beaten, enough pulverized sugar to make it thick enough to spread nicely on the cake; one-half teaspoon any flavor preferred. Stir well together and use.

MRS. A. R. COLEMAN

FILLING FOR CAKE

White of one egg, well beaten, one inch of chocolate melted, six tablespoons granulated sugar, beat all together, put between layers and on the top; use vanilla or any other desired flavor.

LAVINA OLDHAM

CARMEL FILLING

Three cups light brown sugar, one cup sweet milk, two tablespoons butter, one-half teaspoon vanilla; dissolve the sugar with the milk, add butter; boil until it can be taken in the fingers after dropping into cold water, remove from the fire, and beat until perfectly cold; adding three tablespoons of cold milk slowly; should this seem to be getting too thin, do not add all the milk. This filling should be just thick enough to spread nicely on the cake.

MRS. WINONA TINSLEY

CARMEL FROSTING

One cup brown sugar, one-half cup sweet cream, boil until it thickens, then add vanilla.

MRS. COE

CARMEL FILLING

One cup sweet cream, one and one-half cups maple syrup or light brown sugar, one tablespoon butter; boil until thick enough.

MRS. W. E. RUSSELL

FROSTING

Take one cup of grated chocolate and dissolve over a dish of hot water. The beaten yolks of two eggs, one-half cup milk, and one and one-half cups sugar, boil seven minutes, add the chocolate and stir together. Spread between and over the cakes.

MRS. B. F. McCORMACK

FROSTING

Three-fourths cup sugar, four tablespoons milk, boil eight minutes, take off stove and stir till creamy.

MRS. W. E. Russell

MARSHMALLOW FROSTING

Bake angel food cake in a dripping pan so that it can be cut in

squares when served; cover it with boiled frosting, then place, at equal distances apart, a marshmallow, so each piece will contain a mallow.

Mrs. Dr. Myers

MAPLE MOURSE

Beat the yolks of four eggs thoroughly, add to this, one generous cup of maple syrup. Place on stove and stir until the eggs thicken the syrup. Strain through wire sieve, then stand in a pan of ice water, and beat until light and cool; add to this one pint well whipped cream, give it all a good beating and place in a well packed freezer; use more salt than for ice cream. Let stand three or four hours. Delicious.

MRS. OBER

LEMON MARMALADE

Six nice, large lemons, two pounds sugar, one half pound butter, twelve eggs, leaving out the whites of four; grate the rind of the lemon and squeeze the juice, mix with the butter and sugar; add the eggs well beaten, mix all together, and set on a kettle of boiling water, stirring till well cooked.

MRS. VAN PATTEN

ORANGE ICE

Select six juicy oranges, put half a pound of granulated sugar and one pint of water over the fire, add the rind of an orange and boil for five minutes; strain, when cold add the strained juice of the six oranges; strain again through cheese cloth. A water ice should be smooth. Put in freezer and turn until well frozen.

MRS. J. W. TINSLEY

STRAWBERRY ICE CREAM

Three quarts of rich cream, one and one-quarter pounds of sugar, three quarts of strawberries; put half the sugar and cream on to boil in a farina boiler and when sugar is dissolved set aside to cool, add the remaining half of sugar to the berries. Mash the berries well, stand aside one hour, then strain through fine mus-

lin, add the remaining half of cream to the sweetened cream and freeze a little then stir in fruit juice; finish freezing.

Mrs. D. HEASTAND

DELICIOUS ICE CREAM

Take two quarts of cream, strain through a thin cloth, add eight ounces of granulated sugar, flavor to taste; freeze slowly.

H. M. BROCK

STRAWBERRY ICE

Two quarts berries, juice two lemons, three cups sugar, one quart water, one pint cream; berries crushed through a fruit squeezer, add water, then lemon juice, then sugar, then cream just before putting into the freezer.

Mrs. C. B. BROWNSLOW

APRICOT ICE

One can of apricots cut fine, (the same quality of any fresh fruit can be used instead,) add one pint of sugar, one quart cold water; when the sugar is dissolved freeze the mixture. When it begins to harden in the freezer add one pint of whipped cream after whipping; continue to freeze until the consistency of cream. When this is done you will have one gallon.

Mrs. Eleanor Gibson

LEMON SHERBET

Four lemons, one pint of sugar, one quart boiling water, whites of two eggs; shave the peel of the two lemons into boiling water, cover tightly and let stand ten minutes, squeeze the juice from the lemons, add the sugar, pour over this the boiling water, let stand until cold; then add the whites of the two eggs well beaten, and the steeped lemon; stir. Freeze same as ice cream.

Mrs. C. J. Ingram

PINEAPPLE SHERBET

One half can of pineapple, two cups of lemon juice, or one each of lemon and orange, four cups of sugar, eight cups of water; put in the freezer and when it begins to freeze, put in the whites of five eggs well beaten.

Mrs. McCandless

Cookies, Jumbles, Doughnuts



DROP SPONGE COOKIES

Three eggs well beaten, one-fourth teaspoon salt, one cup sugar added to the eggs and beaten again, coffee cup full of flour with one teaspoon baking powder sifted into the flour, two teaspoons water; drop a teaspoon of this batter on a greased tin, a good ways apart so they will not run together. Delicious with strawberries.

MRS. E. RIDDELL

GINGER SNAPS

One cup molasses, one-half cup butter and lard mixed, add enough hot water to make the cup three-quarters full, one heaping teaspoon soda dissolved in the molasses, one teaspoon ginger; beat all together, then add flour enough to make a stiff dough; roll thin, cut with a small cutter, bake in a hot oven.

MRS. GILBERT SMITH

FRUIT COOKIES

Three tablespoons of sour cream, one cup butter or part drippings, two eggs, one cup chopped raisins, one and one-half cups sugar, one teaspoon each, soda, cinnamon and nutmeg; mix soft.

NELLIE HILLS

CREAM COOKIES

Two cups sugar, one cup butter creamed with the sugar, then add two eggs well beaten, stir all together, one and one-half cups sour cream, with one teaspoon of soda dissolved in the cream, one-half teaspoon salt, one heaping teaspoon baking powder, sifted with the flour; this must be mixed just stiff enough to roll, be very careful not to get the dough too stiff, or your cookies will be too hard; roll dough very thin, and bake in a quick oven. Will keep a week.

AUNTIE FANCHER

MOLASSES COOKIES

One cup of molasses, one half cup of shortening, three full tablespoons of water, one teaspoon of soda, one of ginger, pinch of salt, flour enough to make a soft dough.

MRS. O. H. STICKNEY

CHOCOLATE COOKIES

Two eggs, one cup butter, one and one-half cups sugar, two tablespoons sweet milk, one-half teaspoon soda dissolved in the milk, one-half cup grated chocolate; sugar and butter creamed together, eggs added well beaten; then the milk, lastly the chocolate; flour well sifted and enough to make a dough just stiff enough to roll; bake in a quick oven.

NINA OLDHAM

GINGER COOKIES WITHOUT SHORTENING

One and one-half cups 'Orleans or sorghum molasses, one cup brown sugar, two eggs, two level teaspoons soda, one-half teaspoon salt, one tablespoon ginger, one-half teaspoon cinnamon; warm the molasses, then add sugar, eggs well beaten, then spices, and lastly, soda dissolved in just enough water to dissolve it, sifted flour enough to roll easily; roll thin, cut with cookie cutter; bake in a rather quick oven.

MRS. J. E. VAN PATTEN

FROSTED CREAMS

One cup sugar, one cup 'Orleans or sorghum molasses, one cup of butter and lard mixed, one cup of hot water, yolks of three eggs, one teaspoon soda, one tablespoon each ginger and cinnamon, one teaspoon cloves, flour to make a soft dough. Put sugar and molasses together add butter and lard with the hot water, then the three yolks well beaten, then the spices, and the soda dissolved in cold water; beat all together, add flour, mix as soft as can be handled; roll about one-quarter inch thick, cut with cookie cutter, and bake in a quick oven. Icing for same: Two cups sugar, the whites of three eggs beaten to a stiff froth, the sugar boiled in one-third cup water until it hairs, beat the whites in this syrup until cool, flavor with any kind of preferred flavor; spread over the cookies when cold.

MRS. SADIE HOLLENBECK

LADIES FINGERS

Four eggs, two cups sugar, one cup butter, six tablespoons sweet milk, two tablespoons baking powder. Mix ingredients, then take out a piece of dough and roll on the board with your hands; when round, cut it into finger-lengths and lay in bake tins two inches apart, because they spread. Bake in quick oven, like cookies; don't butter your tins.

MRS. H. T. THOMPSON

JUMBLES

Cream together two cups of brown sugar and one of butter, add three well beaten eggs and six tablespoons of sweet milk, two teaspoons of baking powder, flavor to taste; flour enough to make into soft dough; do not roll it on the board but break off pieces of dough the size of a walnut, and make into rings by rolling out rolls as large as your finger and joining the ends. Lay them on tins an inch apart to bake, as they rise and spread. Bake in a moderate oven. These jumbles are very delicate but will keep a long time.

EMMA ROBERTS.

MARGUERITES

Whites of two eggs beaten stiff, one large cup pulverized sugar, one cup chopped English walnuts; stir this all together; spread on salt wafers, put in an oven until a light brown. Serve cold.

MRS. CLARA MANNING

ROCKS FOR LUNCHEON

One and one half cups brown sugar, one cup butter, one cup English walnuts, one teaspoon cinnamon, one half teaspoon salt, three eggs well beaten, two and one half cups flour, one cup figs, dates or raisins, one teaspoon soda. Drop a teaspoon of dough in a flat bake pan, leaving room for spreading.

MRS. L. J. BUTTON.

DOUGHNUTS

One and one half cups sugar, nine tablespoons of melted lard, mix with sugar, two and one half cups sour milk, heaping teaspoon soda dissolved in milk, two eggs well beaten and put in with sugar and lard, one level teaspoon of salt, two teaspoons baking powder in the flour well sifted, flour enough to make dough stiff enough to roll nicely—but not too soft—must have lard enough so that dough will rise at once to the top; roll to quarter inch thick, cut out with biscuit cutter and cut center out with small round cutter, drop in to hot lard and keep turning often until a golden brown, lift out on to a plate to cool. This will make a large quantity and will keep a week—unless you have too many boys.

MRS. M. R. LANCHER.

WAFERS

Three eggs beaten well, three tablespoons sugar added, three tablespoons sour cream with one half teaspoon soda dissolved in the cream, one half teaspoon salt, mix soft as you can roll, roll thin, cut out like doughnuts, drop in hot lard same as doughnuts and turn when brown, take onto a plate to cool—so much nicer in the summer than doughnuts.

MRS. FRANK FRISBEE

DOUGHNUTS

Two heaping teaspoons of baking powder and one quart of flour, mix these together by sifting two or three times. Two eggs, one coffee cup of sugar, beat together, add a teacup new milk (or better half milk and half cream;) flavor. Mix all together reserving a little flour for rolling out. Fry in hot lard. Water may be used instead of milk by adding a teaspoon of butter.

EMMA ROBERTS

CRACKNELS FILLING

Two tablespoons of flour, two thirds of a cup of water, one teacup of sugar, yolks of three eggs, and one grated lemon, cook; when thickened fill the cracknels and frost top. Cracknels are purchased at the grocery.

MRS. DR. MYERS

FRIED CAKES

One cup sugar beaten with two eggs, add one cup of thick sour milk and one teaspoon soda, three tablespoons of melted lard, flour enough to roll nicely; salt and nutmeg to suit taste. Fry in hot lard.

MRS. E. A. WARD

DOUGHNUTS

One and one half cups of sugar, one cup milk, three well beaten eggs, two tablespoons of melted lard, one quarter of a nutmeg, two heaping teaspoons of baking powder sifted with flour enough to make a soft dough; when cold roll in powdered sugar.

BESSIE TINSLEY

VANITIES

Beat well three eggs, add one tablespoon each of sugar and cold water, one-quarter teaspoon of salt, stir in flour enough to make a rather stiff dough; knead well on the board and divide into four or five portions, take one of these on the board and roll it very

thin, the thinner the dough the nicer will be you vanities. Do not be alarmed if it sticks to the board, keep on rolling till it is as thin as paper, then tear, not cut, off pieces longer than half a hand's size; the more irregular in shape the prettier when done; drop in a kettle of smoking hot lard and fry to a delicate brown, turning once; take out and sprinkle powdered sugar over them; they will be covered with bubbles and present a very pretty appearance.

MRS. O. H. STICKNEY

COOKIES

One cup of sugar, one egg, one-half cup of sweet milk, one-half teaspoon of soda, one-half cup butter, flour to roll.

MRS. JOHN HUNT

COOKIES

Three eggs, one cup butter or half butter and lard mixed, one and one-half cups of sugar, two heaping teaspoons baking powder, one-half cup of milk, flour enough to make a soft dough; roll without adding more flour than can be easily handled; sift baking powder with flour.

MRS. MAYFIELD

GINGER SNAPS

One cup sugar, one cup New Orleans molasses, one cup butter, two teaspoons cinnamon, one teaspoon ginger, one teaspoon soda, three tablespoons hot water, flour enough to knead well; roll and cut thin.

MRS. D. HEASTAND

MOLASSES COOKIES

Three cups molasses, one and one-half cups lard, one and one-half tablespoons ginger, two eggs, two heaping teaspoons soda, a little salt; put molasses, lard and ginger on the stove and bring to a boil; then cool, and add eggs, soda and salt; use flour enough to make soft dough; roll lightly.

Welcome, Minn.

MRS. WM. GIBSON

EGGLESS COOKIES

Two cups sugar, one cup sweet milk, one cup butter, one-half teaspoon soda, flour enough to roll; use lemon, vanilla or nutmeg for seasoning.

MRS. E. E. McCALLUM

FRIED CAKES

Two eggs, one cup sour cream, one cup of sugar, one-third teaspoon soda, teaspoon of lemon extract, one-third teaspoon cinnamon, flour to roll.

MRS. JOHN HUNT

MISS L. E. YOUNGREN
DRESSMAKER WEDDING OUTFITS
A SPECIALTY.....
SIOUX CITY, IOWA

Pastry



Pies are one of the most difficult of the culinary arts, the young housekeeper has to master, yet one of the quickest and easiest articles of food prepared after she has learned how. One secret of pie making is to have the water, lard or butter very cold, and the two latter pure and free from taint. When lard is used salt must be added; if butter, it is all ready salted, but should be held under water and washed to remove the buttermilk, then dried on a napkin. Baking powder is sifted into the flour. A very good crust is made by using one cup of lard to one quart of flour. An extra good crust can be made if an equal quantity of butter and flour are used; all the butter however must not be added to the flour, save two-thirds and spread it upon the crust after it is rolled out; then cut it into four portions, and lay one above the other, until all are used; let stand awhile before rolling; this makes it very flaky when cooked if rightly done. When making juicy pies rub the under crust with a well beaten egg to prevent soaking; if corn-starch or flour is sprinkled over top before putting on upper crust, a jelly will be formed and it will prevent the juice from escaping especially if the lower crust was wet around the edges and the upper one pressed down firmly, letting the steam escape from the incisions on top. Common sense and experience are two very essential articles required in pie making.

CURRANT PIE

One and one-half cups ripe currants, one cup sugar, one-half cup water, yolks two eggs; mash the currants and sugar together—beat yolks to a cream, add to the currants, then the water, beat all together; bake with one crust; beat whites to a stiff froth, add two tablespoons of sugar; spread over the pie when baked; return to oven and let brown lightly.

MRS. W. S. AYERS

BLUEBERRY PIE

Nice fresh blueberries, (or canned berries can be used if you haven't fresh,) about one pint to a pie; dissolve one teaspoon corn starch in a little of the juice; add to the berries and one half cup sugar, fill a pie tin which has been lined with crust, add bits of butter over the top, press the edges of upper crust down firmly, bake in a well heated oven until crust is light brown. All berry pies are nice made this way.

LUCILLE STINSON

VINEGAR PIE

One cup sugar, one half cup vinegar, two teaspoons flour, one teaspoon of butter, one teaspoon of cinnamon, two cups of water; sift the flour and sugar together, add the other ingredients; boil all together until thick, then fill pie tin previously lined with crust and bake without upper crust.

MRS. FIDELIA PERRY

GRAPE NUT PIE

Pour about one cup of boiling water over one-half cup grape nuts. Let stand ten minutes, add two eggs well beaten, four tablespoons sugar, two cups sweet milk, one-third tablespoon ginger, one teaspoon mixed ground spices, stir over a slow fire until thoroughly boiled. Have a deep pie tin lined with pie crust and baked. Put in prepared grape nuts and return to oven to brown the top.

MRS. C. B. BROWNSLOW

APPLE PIE

Line pie tin with a rich puff paste. Peel, core and slice good tart apples, fill the lined tin full and sprinkle over it one large cup of granulated sugar, and bits of butter on the top. If liked, a dust of cinnamon may be added. Moisten the edges of the under crust, (this prevents juice escaping,) put on top crust, and press edges close together, prick top.

MRS. OBER

COCOANUT PIE

One half cup desiccated cocoanut in one cup of milk, two eggs, one small cup of sugar, butter the size of an egg; this is for one small sized pie; nice with a meringue on top.

MRS. T. H. SMITH

COCOANUT PIE

Boil one teacup milk, thicken with one tablespoon corn starch, the well beaten yolks of two eggs, and one whole egg. Add one-fourth teaspoon salt; one-half cup sugar, cook all together until thick as thick gravy; have a pie tin lined with crust, pour in filling, bake. Whites of two eggs well beaten, one tablespoon sugar, spread over top, while pie is hot, sprinkle thickly with shredded cocoanut, then brown. This makes a small eight inch pie.

MRS. ALICE BROCK

. MRS. BROCK'S PIE CRUST

One teacup of lard to half teacup of water, salt, flour enough so that it will be soft, roll quickly; work as little as possible, bake in a quick oven.

CHERRY PIE

One and one-half cups cherries, three-fourths cups sugar, add a very little water, put top crust on and bake in a quick oven.

MRS. P. A. EDINGTON

PUMPKIN PIE

Take a pumpkin, peel, take out seeds, cut into small pieces, put on stove with very little water as it must be all cooked out when the pumpkin is done which will be in about an hour. To this add three pints of milk, one coffee cup of sugar and three eggs beaten together, one level teaspoon each of ground cloves, cinnamon, allspice, ginger and salt, stir this all together; bake with one crust. This amount will make filling for three pies.

Squash pie, sweet potato pie, and common pumpkin pie, may be made in the same way as the above.

MRS. GEO. BARRAGER

APPLE MERINGUE PIE

One cup stewed apples run through a colander, three eggs, (reserve whites of two for frosting,) one-half cup sugar, small lump of butter, one-half pint of milk, one tablespoon flour, rubbed smooth with a little milk, seasoning preferred; mix ingredients; bake with one crust; spread top with frosting, brown lightly.

MRS. N. NELSON

APPLE CUSTARD PIE

Make a very smooth sauce: to each cup of apples, add two well beaten eggs, one-half cup sweet milk; bake with one crust.

MRS. W. E. RUSSELL

POTATO PIE

Boil and mash fine four potatoes, to which add three whole eggs and three yolks, with one teacup butter, flavoring and sweetening to taste; beat the whites with sugar and spread on pies, brown lightly.

MRS. W. E. RUSSELL

CHOCOLATE PIE

Three tablespoons of grated chocolate, three-fourths cup of sugar, one-half cup of milk; beat until dissolved; boil two cups of

milk, add two tablespoons of flour moistened with milk, one whole egg and two yolks, flavor with vanilla. Use the whites for frosting, brown in the oven.

MRS. LYMAN HILL

MINCE MEAT PIE

One pound lean beef, two pounds raisins, two pounds currants, four pounds sour apples, two pounds beef suet, three pounds moist brown sugar, one half pound candied lemon peel, one half pound citron. All the ingredients must be chopped fine, then mixed together, add one tablespoon each of ground cinnamon, nutmeg and cloves, one tablespoon salt, one quart molasses and vinegar mixed; keep in a cool place.

MRS. F. S. PLUMB

SUMMER MINCE PIE

One half cup sour cream, one half cup chopped raisins, one cup sugar, one tablespoon of rolled crackers, one egg well beaten, one teaspoon vinegar, spice to taste.

MRS. JAMES COLEMAN

MOCK MINCE PIE

Twelve crackers rolled fine, one cup hot water, one half cup vinegar, one cup molasses, one cup sugar, one cup currants, one cup raisins, spice to taste, some butter. Good for four pies.

Mrs. C. C. Campbell.

ORANGE PIE

Grated rind and juice of two oranges, four eggs, four table spoons sugar, one of butter; cream butter and sugar, add beaten yolks of eggs, then rind and juice of orange, and lastly the whites beaten to a froth and stirred in lightly; bake with an under crust.

Mrs. L. May Smith

CUSTARD PIE

One pint sweet milk, three eggs well beaten, four tablespoons sugar; flavor with grated nutmeg; beat these all together; line a

deep custard pie tin with paste and pour in the custard, bake thirty minutes; when the center just quivers a little the pie is done.

Mrs. D. G. Eldredge

DRIED FRUIT PIE

Wash the fruit thoroughly, soak over night in water enough to cover, stew slowly until nearly done in the same water; sweeten to taste. The crust, both upper and under, should be rolled thin; a thick crust to a fruit pie is undesirable.

Mrs. T. H. Smith

COCOANUT CREAM PIE

One half cup of sugar, one egg, cup milk, two tablespoons of cocoanut, two tablespoons of corn starch; dissolve corn starch in a pint of milk, add all the ingredients together; cook until thick and pour into the baked crust. Spread with the frosting made with the white of an egg and four tablespoons of sugar; brown.

Mae Toothaker.

SPLENDID CREAM PIE

Separate the whites and yolks of four eggs, beat separately, add to the yolks one cup of white sugar, two cups sweet milk, one tablespoon of cornstarch or flour, make smooth in a little of the milk, flavor with lemon; beat all together and cook in a vessel with water around it; stir until thick like custard, this makes two pies. Have ready two crusts baked, spread the custard on the crusts; now beat one-half cup sugar with the whites of the eggs and spread over the top for frosting; return to the oven until the frosting cooks.

MRS. E. B. HILL

CREAM PIE

Yolks of two eggs and cup of sugar beaten together, one tablespoon each of cornstarch and flour moistened with sweet milk; heat a pint of sweet milk, just before it comes to a boil, add the above ingredients; one-half teaspoon any preferred flavor, cook until the consistency of cream, stirring all the time; bake the crust while

preparing this filling, then pour in, have the whites of two eggs beaten to a stiff froth, and sweetened with three tablespoons of sugar, spread over top, set in the oven long enough to brown.

LAVINA OLDHAM

CREAM PIE

One pint milk, three eggs, one teacup sugar, two tablespoons cornstarch; beat yolks, sugar and starch together, let milk come to a boil, then stir in mixture, adding a teaspoon of butter and one-fourth teaspoon salt, flavor with vanilla or any flavor. Bake crust and fill with custard; spread on top whites of two eggs beaten stiff, add two tablespoons sugar, set in oven to brown.

MRS. H. G. CAMPBELL

PIEPLANT PIE

One cup pieplant cut fine, one egg well beaten, one cup sugar, one tablespoon flour, one teaspoon butter; add flour and sugar, then butter, next the egg and pieplant; beat all together, bake with two crusts.

MRS. E. RIDDELL

CRANBERRY PIE

One coffee cup of split cranberries, one coffee cup sugar, one-half coffee cup hot water, one tablespoon flour sifted in sugar, one teaspoon butter; add the butter to the sugar and flour, then hot water, and lastly, the cranberries; bake in a moderate oven between two crusts.

MRS. E. RIDDELL

PIEPLANT MERINGUE PIE

One cup stewed pieplant, one cup sugar, one heaping teaspoon of cornstarch, one tablespoon of butter, two eggs; bake the crust separate, beat the yolks with two tablespoons of sugar, and add to other ingredients; put into the crust. The well beaten whites are put on top and pie returned to the oven to set filling and brown frosting.

MRS. BARBER

LEMON PIE

Juice and grated rind of one lemon, one tablespoon cornstarch, one cup boiling water, one cup sugar, one egg, piece of butter size of an egg; dissolve the cornstarch in a little cold water, then pour on it cup of boiling water stirring starch all the time; add sugar and butter, stir well; when cool, add the well beaten egg, then the lemon; have the crust ready baked, pour in this filling; have the white of one egg beaten stiff, add to it two tablespoons sugar, stir in well and spread over top of pies; return to oven long enough to lightly brown.

MRS. GILBERT SMITH

LEMON PIE

Three eggs, one-half cup sugar, three tablespoons of cornstarch, (mix well.) grate outside of lemon, put with mixture, also squeeze into it the lemon juice, two cups of boiling water; boil until thick enough for pies; pour into crust and let settle and then put on frosting. One large or two small pies.

MRS. E. B. HILLS

LEMON PIE

One teacup sugar, yolks of three eggs, two-thirds cup of water, and one grated lemon, three tablespoons of flour; bake thoroughly; while in oven beat the whites of the eggs to a foam, add three teaspoons of sugar, turn it over the pie, and return to the oven to brown nicely. Very good.

MRS. D. S. LING

Desserts



HIGH WORK

To duty firm, to conscience true,
However tried and pressed,
In God's clear sight high work we do,
If we but do our best.

It takes two grains of common sense in putting together the ingredients, and eternal vigilance in cooking them from the moment of starting the process.

Good receipts amount to nothing in the hands of an ignorant, negligent cook, man or woman.

This is my best word for cooks, for housekeepers, for everybody.

Sincerely yours,

SUSAN B. ANTHONY

LEMON PUDDING

The yolks of four eggs, one cup of sugar, one quart of milk, one pint of bread crumbs, one teaspoon of butter, the grated rind of one lemon. When done, spread over the top a layer of jelly, add the whites of the eggs whipped to a stiff froth, sweetened with one cup of sugar, and flavored with the juice of the lemon, then set in oven to brown slightly. Allow one half hour for baking the pudding.

MRS. T. BLOXHAM

STEAMED BREAD PUDDING

One pint of bread crumbs, one cup molasses, one cup water, one cup flour, one cup stoned raisins, one tablespoon melted butter, one egg, one teaspoon soda. Steam two hours. If preferred, add nuts.

MRS. O. H. STICKNEY

ECONOMY PUDDING

Left over cake, cookies or gingerbread with any kind of a good pudding sauce, makes a good dessert. Steam or warm up the cakes.

Waterloo, Iowa.

MRS. SARAH W. WHITNEY

FIG PUDDING

One-half pound of figs, six ounces suet, one-half pound bread crumbs, one heaping cup of granulated sugar, suet and figs chopped fine, two eggs, pinch salt, one-half nutmeg, and one-half teaspoon soda dissolved in milk; moisten all with milk, work thoroughly, put into a well buttered dish and steam three hours.

MRS. WILL ISENHART

RHUBARB PUDDING

Cover the bottom of a buttered pudding dish with some fine bread crumbs and then with a thick layer of rhubarb cut into dice. Sugar is scattered thickly over the rhubarb, more bread crumbs added and the dish filled up in this way; bread crumbs being on top, with a few bits of butter and a slight grate of orange peel, if that flavor is liked. The pudding should be baked in a slow oven until the rhubarb is thoroughly cooked and the top of the pudding is a tempting brown.

MRS. W. A. PETZOLDT

ORANGE PUDDING

Three oranges, peeled and sliced thin, sprinkle over this one-half cup sugar, one pint of milk, yolks of three eggs, one-fourth teaspoon salt, tablespoon cornstarch, three tablespoons sugar.

yolks beaten creamy, sugar added, then cornstarch dissolved in a little milk, then salt; and after stirring these all well together add to the milk which has been heated to near boiling, stirring all the time until it is like thick cream, pour over the oranges while hot; whip whites to a stiff froth, add one-half cup sugar, pour over the pudding, set in a pan of cold water, set in a hot oven until the whites brown lightly, remove, set aside to cool. Serve very cold. Better set on ice.

MRS. MAE WILSEY

BIRD'S NEST PUDDING

One egg, two tablespoons sugar, one tablespoon butter, one-fourth teaspoon salt, one-half cup sweet milk, two teaspoons baking powder, flour enough to make a thick batter; pare, core and slice enough tart apples to fill a pie tin, spread batter over the top, bake about thirty minutes or until the crust is a light brown and the apples are done. Serve hot, cutting the pudding into sections and turning upside down on the dessert plate and dressing it with sugar and cream. Very good.

MRS. CLARA MANNING

ORANGE PUDDING

Two large oranges pared and cut in pieces, put in bottom of pudding dish; pour over them cup of white sugar, then make a plain cornstarch pudding without sugar and pour it over the orange and sugar. Let stand and cool.

MRS. COL. DARNELL

DATE PUDDING

One pint flour, one-third cup of molasses, one-third pint hot water, (it must be hot too,) one-third pint melted butter, one-half teaspoon soda, one-half pint dates, seeded, chopped and floured. Steam two and one-half hours. Serve hot or cold, and should any be left, put away where it will keep, and steam it up again when you wish to use it. Can be eaten with or without cream or with any kind of good pudding sauce.

MRS. GEO. BARRAGER

GRAHAM PUDDING

One cup 'Orleans or sorghum molasses, one cup sweet milk, one-half cup currants, one-half cup raisins, one and one-half cups sifted graham flour, one tablespoon butter, two teaspoons cinnamon, half a nutmeg, one teaspoon soda; beat all together and steam two hours. To be eaten with sweet cream or any kind of pudding sauce. Sauce for same: One cup sugar, one tablespoon flour stirred in sugar, pour on this one pint of boiling water stirring all the time, add a lump of butter size of egg, set on stove; when butter is well cooked in, remove and add one yolk well beaten, stirring in very rapidly, flavor with nutmeg or vanilla.

MRS. A. W. JOHNSON

MOCK SUET PUDDING

One cup graham, one cup flour, one cup milk, one cup molasses, one cup raisins, one teaspoon soda, season with salt and cinnamon. Steam three hours.

MRS. R. E. DARNELL

PUFF PUDDING

Stir together one pint flour, one egg, two teaspoons baking powder, a little salt, and enough milk to make soft batter; place in steamer well buttered cups, put in each a spoonful of batter, then one of berries, apples, or any convenient sauce, cover with another spoonful of batter, and steam twenty minutes. This may be served with whipped cream, or a sauce.

MRS. OBER

SAUCE FOR PUDDING

To one pint boiling water add a pinch of salt, and butter half the size of an egg. Thoroughly mix one heaping tablespoon of flour with two-thirds cup sugar, then make in thin paste with water, adding any extract desired and add all to boiling water.

MRS. COOK

SNOW PUDDING

One-half cup each gelatine and cold water mixed together, and let stand until soft, add to this one cup sugar, one cup boiling water, strain, add the juice of two lemons; put in a cool place or on ice, until it begins to jelly; then add the whites of three eggs beaten stiff, beat all together rapidly, turn into a deep dish or pudding mold, and stand on ice. Serve plain or with the sauce made as follows. Pint of milk heated to boiling point, the yolks of three eggs, and three tablespoons of sugar beaten together; remove from fire just before it boils. Flavor with vanilla, set on ice to cool.

MRS. F. J. CLAY

GELATINE PUDDING

Soak one-half box gelatine in one-half pint cold water one hour, add half pint hot water, stir thoroughly—one-half cup sugar, one-teaspoon any preferred flavor, slice nice, ripe bananas into a deep dish, turn the mixture over the bananas, set in a cool place or on ice. This is a very nice dessert for Sunday dinner as it can be made on Saturday and put in a cool place until Sunday,—any kind of fruit may be used instead of bananas, using more sugar for tart fruits.

MRS. EMMA DOCKENDORF

APPLE TAPIOCA PUDDING

Pare six medium sized tart apples, core with a corer, and place in a deep baking dish, put a small bit of butter in each apple, pour over them a dressing made as follows, and put into a hot oven and bake twenty minutes. Dressing: One-half cup well washed tapioca, put in two cups cold water, set over the fire to cook twenty minutes, add one cup sugar, flavor with lemon; this pudding can be either hot or cold; with or without cream, or should you wish it, fill the core place with butter and grated nutmeg.

MRS. L. MAY SMITH

PINEAPPLE GELATINE PUDDING

One box Plymouth Rock gelatine soaked in a pint of cold water one-half hour, add one and one-half pints boiling water. While

warm stir in one and one-half cups sugar, add one fresh pineapple cut in small bits, or one can of pineapple cut small, and juice; stir in well, and set away in a cool place to harden. Serve with whipped cream. This is nice to use any other kind of fruit besides the pineapple, or two or three other kinds together. Should you use two or three kinds, add a little more water to make it a little more thin.

MRS. MILLARD LOGAN

KISS PUDDING

Boil one quart sweet milk; stir in about four heaping tablespoons of sugar, and four table-spoons cream dissolved in a little cold water, add the well-beaten whites of four eggs; beat whites to a stiff froth, add one cup sugar, one heaping spoon vanilla; spread on top of pudding, place in a quick iron boiler, take out and sprinkle with cocoanut, put in a cool place to set.

MRS. H. T. THOMPSON

SAUCE FOR PUDDING

One-half cup sugar, one-half cup butter, one pint sweet milk, two teaspoons corn starch; cream sugar and butter, pour hot milk over and cook until thick.

MRS. WEL ISENHART

CANDIED ORANGE PEEL

Cut off all white possible, cut peeling in small strips, boil in clear water ten minutes, drain well, put on a small quantity of water, boil until soft, put on sugar and boil until it candies. Use one teacup of sugar to five oranges.

MRS. ISENHART

RASPBERRY FLOAT

Crush a pint of very ripe, red raspberries, with a gill of sugar; beat the whites of four eggs to a stiff froth, and add gradually a gill of powdered sugar; press the raspberries through a fine strainer to avoid the seeds, and by degrees beat in the juice with the egg and sugar, until so stiff that it stands in peaks.

MRS. COL. DARNELL

BANANA BAKED IN CUSTARD

Make a custard of one pint of milk and the yolks of four eggs. Take four bananas, peel and cut lengthwise into slices. Butter the dish, pour in a little of the custard which should be cool, and have the whites of the eggs beaten stiff added, then a layer of bananas, and so on till the dish is half full. Bake in a quick oven twenty-five minutes, serve immediately.

HARRY CARPENTER

A NICE DESSERT

Put into a baking dish a layer of tart apples, then a layer of sugar, until dish is full. Add a cup of water, cover and bake slowly for two or three hours. Set away to cool, when turned out you will have a layer of apples and a layer of jelly.

Sioux City, Iowa.

MRS. P. M. CASADY

PEACH MERINGUE

One cup of peaches cut small, add one-half cup of powdered sugar, and the white of an egg; beat with a fork until it becomes creamy. Chill in refrigerator and serve with whipped cream.

E. AND H.

HOT CHOCOLATE PUDDING

Boil together until they thicken, one-half cup rich milk, yolk of one egg, one-fourth cake Baker's chocolate, grated, set aside and when cold, add teacup sugar, one tablespoon butter, one-half teacup milk, two cups sifted flour, two scant teaspoons baking powder sifted in with the flour, and one teaspoon vanilla, bake in a small loaf tin thirty minutes. Serve, covered with a rich hot chocolate icing poured over the cake, (for icing see recipe for icing,) and over that a layer of whipped cream.

GERTRUDE RIDDELL

SUET PUDDING

One cup suet chopped fine, one cup brown sugar, one cup hot water, one cup raisins, two cups flour, two teaspoons baking pow-

der; put the hot water on suet, then add brown sugar, one-half teaspoon salt, sift the flour and baking powder together, dredge the raisins with the flour, and add these last. Steam three hours, and serve hot with the following sauce: One cup brown sugar with one tablespoon of flour stirred thoroughly in it, pour over this a cup of boiling water, cook ten minutes; flavor with fruit juice or any preferred flavor, use while hot.

MRS. FRANK WEBSTER

SUET PUDDING

One cup suet, one cup sugar or molasses, two and one-half cups flour, one teaspoon ginger, one teaspoon cinnamon, one-half teaspoon allspice, one-half teaspoon nutmeg, two cups raisins, one cup sweet milk, one teaspoon soda, a little salt. Pudding sauce: One-half cup sugar, two teaspoons butter, two teaspoons flour. Flavor with lemon; one pint boiling water.

EMMA ROBERTS

SUET PUDDING

One cup raisins, one cup molasses, one cup sugar, one-half cup sweet milk, one cup suet chopped fine, one spoonful each of cloves, cinnamon, soda and salt, flour to thicken. Steam two hours.

MRS. JOHN HUNT

RICE PUDDING

Two-thirds cup of rice, three pints of new milk, one-half cup of sugar, pinch of salt; put in oven and bake until rice is done; then add one cup of raisins, one cup of cream; return to the oven to brown. Set aside to cool.

MRS. GEO. HOSKINS

PANDOWDY

Put one pint canned peaches in a quart basin, make a batter of one cup sweet milk, one egg, butter size of an egg melted, two tablespoons baking powder, flour to make it stiff enough to roll, cover it over the peaches; bake until crust is brown. Serve hot with sugar and rich cream.

MRS. HATTIE HURD

CREAM PUFFS

One cup boiling water, one cup of flour, one tablespoon of butter; put the butter in the boiling water and sift the flour into them and stir well, then set it aside to cool; break in three eggs one at a time, stirring thoroughly. Drop into hot buttered gem tins and bake in a moderate oven from forty to fifty minutes; cut a little opening in the top and fill with whipped cream.

IDA EDGERTON

CREAM PUFFS

Boil with a large cup of hot water, butter and lard (mixed) the size of an egg, stirring in one tuncup of flour during the boiling; set aside to cool and when cold, stir in four eggs one at a time without beating; drop on tins quickly and bake for thirty minutes in a fairly hot oven. When baked, fill with a cream made by beating together, three tablespoons of flour, one egg, and a half cup sugar; stir into one-half pint of milk while boiling and flavor to liking. Must not look into oven for fifteen minutes as there is danger of puffs falling.

MRS. W. A. PETZOLDT

RAISIN PUFFS

Two eggs, half cup of butter (good measure,) one cup of milk, two cups of flour, two heaping teaspoons of baking powder, one cup of raisins dried cherries, put in buttered cups steam forty-five minutes. Serve with liquid sauce or maple syrup.

MRS. BLOXHAM

CHERRY CHARLOTTE

A very simple, delicious and inexpensive dessert may be made from either the fresh or the canned fruit. If the fresh fruit is used as of course it would be during the cherry season, it must be stewed gently for a few moments and sweetened. Do not forget to stone the cherries. Cut a few slices of stale bread; butter these liberally and with them cover the bottom of a pudding dish, add a layer of the warmed stewed cherries, add another layer of buttered

bread, and so alternate until the fruit is used; then bake from twenty to thirty minutes. This pudding may be eaten cold with cream or boiled custard; serve in little custard cups.

MRS. L. WAGNER

PLUM PUDDING

One cup of suet chopped fine, one cup of sugar, two cups flour, one cup English currants, one cup raisins, one scant teaspoon salt, one teaspoon cinnamon, one-eighth teaspoon cloves, and citron if desired. Wet with as little water as possible, put in a bag and boil four hours without stopping. Serve with sauce.

MRS. VAN PATTEN

RICE APPLES

Boil one-half pound of rice in one quart of milk, add one-half cup sugar. Pare and core seven or eight apples, place in slightly buttered baking dish, fill cavity with jam or jelly, put the rice around the apples; bake thirty minutes, leaving the top uncovered. When done frost with the whites of two eggs, sift on sugar and turn to the oven to brown. Serve with sugar and cream.

LENA STELL

LEMON RICE PUDDING

One cup of boiled rice, two cups of milk, grated rind of lemon, butter size of an egg, yolks of three eggs; bake twenty minutes. Use the whites for frosting, flavor with juice of a lemon.

MRS. S. S. WOLF

PINE APPLE PUDDING

Two-thirds box of gelatine, one pint boiling water poured over and dissolved, one-half pint sugar, whip together with egg beater until white foam, set away to cool, juice of one lemon and one orange, four or five tablespoons of pine apple (canned), whites of four well beaten eggs; stir all together, place in a mold in a cool place. Put on a little whipped cream when you serve it.

MRS. D. E. DEAN

COTTAGE PUDDING

One cup of sugar, one cup milk, one tablespoon of butter, two eggs, one teaspoon of soda, two teaspoons of cream of tartar, one cup of fruit, and one pint of flour. • There is a difference in flour, perhaps with your flour, this may be either too thin or too thick.

MRS. D. HEASTAND

INDIAN PUDDING

Two cups of indian meal, two cups of sweet milk, one-half cup of butter, one-half cup of molasses, one-half teaspoon salt, small teaspoon of soda; heat milk to boiling, stir slowly the salted meal, add butter and molasses, then put in buttered mold, and steam three hours.

N. G.

LEMON CORN STARCH

Two cups boiling water, one cup sugar, two and one-half tablespoons of corn starch wet with enough cold water to moisten nicely, one-fourth teaspoon salt; (stir the sugar in the water and then the corn starch and salt; cook about five minutes stirring all the time,) juice of one lemon, and rind grated, stir in after pudding is cooled; set on ice or in a cool place, or can be turned into cups and served with cream or whipped cream is very nice. Can be made Saturday makes a nice Sunday dessert,

MRS. H. C. HOLLENBECK

TAPIOCA PUDDING

One-half cup tapioca washed in cold water, then soaked overnight in cold water, two eggs, whites and yolks separated and yolks well beaten, one quart milk and three tablespoons sugar, put into a two quart granite basin or pudding dish, add the beaten yolks and one-fourth teaspoon salt, the tapioca; stir all together, set in moderate oven, cook until the consistency of custard, beat the whites to a stiff froth, add two tablespoons sugar, one-half teaspoon vanilla, then beat until stiff; spread over top of pudding return to oven until a light brown. Serve cold, with or without cream.

MRS. H. G. CAMPBELL

DANISH CREAM

Chop four ounces of Almonds, boil with six ounces of sago in a pint of raspberry juice until the sago is cooked; (and that is when the sago looks clear,) beat one egg stir in while hot, turn into a mold or small cups, let stand until perfectly cold, twelve hours or longer; serve with whipped cream. One of the best things you ever tasted. Remove the cream from the stove before stirring in the egg.

GERTRUDE RIDDELL

FLOATING ISLAND

Beat the whites of three eggs stiff, make a little sweet, and boil in a quart of nice sweet milk, being careful to place the beaten whites in the milk in tablespoonfulls; as they rise turn them when done; lift out carefully with a skimmer and place on a plate; then put the three yolks previously beaten and three whole eggs well beaten into hot milk, stirring well until it thickens; sweeten and flavor to taste. As soon as a little cool turn this into a pretty glass dish or sauce dishes and place one of the white islands on top. A delicious and pretty dish.

MRS. J. W. MCFARLAND

ROLLED APPLE DUMPLINGS

Peel and chop fine tart apples; make a crust of one cup of rich buttermilk, one tablespoon soda, and flour enough to roll; roll half an inch thick; spread with the apples, sprinkle with sugar and cinnamon; cut in strips two inches wide, roll up like jelly cake, set the rolls in dripping pan, putting a teaspoon of butter on each. Bake in a moderate oven, basting often with the juice.

MRS. F. C. STEEL

SPICED BAKED APPLE

Six tart apples washed clean, remove the blow, slice crosswise in three slices; in a granite basin place a layer of apples, so sliced, with a clove in each slice, and bits of butter and sugar sprinkled over each layer, then a layer of apples and so on until all are used, pour one-half teacup water over all, put in a moderate oven, bake slowly thirty minutes, serve cold.

MRS. J. SHINSKI

APPLE SAUCE

Peel, quarter and core good tart cooking apples, cook until they will mash easily in just water enough to not quite cover them; run through a colander; return to fire, add enough sugar to suit the taste, about one cup to a quart of the sauce, and slice half a lemon in this, cook until the sugar is dissolved; remove from fire take out lemon. Delicious either warm or cold.

PROF. E. J. DECEVEE

TAPIOCA CREAM

Soak over night two tablespoons of tapioca in one-half cup milk or water, at least soak a few hours; bring one quart of milk to boiling point; beat the yolks of three eggs with one-half cup of sugar and stir into milk, let boil up once and remove from fire; turn into dish and spread beaten whites of eggs on top; put in oven, brown lightly; flavor with vanilla.

MRS. H. T. THOMPSON

BOILED APPLES

One dozen medium sized Baldwin apples, or any good cooking apple preferred; remove the stem, wash and wipe, place in a porcelain kettle with one teacup of water, cover tightly, boil fifteen minutes, remove cover, add small teacup sugar, set on back of stove and simmer. (leave cover off), remove apples to dish, let syrup boil five minutes watching closely, pour over apples, delicious either hot or cold, can be eaten plain or with sweet cream.

Full, Iowa.

MRS. ADELAIDE BALLARD.

State Organizer I. E. S. A.

HEAVENLY HASH

Oranges, bananas, lemons, apples, raisins and pineapples, are cut into bits, work just enough to thicken their juices; then serve with a little grated nutmeg. But the serving is the pretty part; cut a hole just large enough to admit a spoon in the stem end of an orange, and through this hole take out all the inside of the orange, fill and with heavenly hash and serve on a pretty little glass fruit dish with lemon or orange leaves.

MRS. L. MAY SMITH

STRAWBERRY SHORT-CAKE

One quart sifted flour, two teaspoons baking powder sifted with the flour, one tablespoon of unmelted butter rubbed in the flour, one-half teaspoon salt, enough sweet milk to make a dough as stiff as can be stirred with a spoon. Turn into a deep buttered pottin, bake twenty minutes in a quick oven; have ready a quart of nice, fresh, ripe strawberries in a deep dish, pour over them one cup sugar, mash with a silver fork. When cake is done, split open, butter, put on strawberries, put top back on, put balance of berries on top of cake, and serve with or without cream.

LIZZIE PEPPERLY

STRAWBERRY SHORT-CAKE

Take two boxes strawberries, thoroughly wash, add one cup of sugar, mash together and spread between any common layer cake. Serve with cream. Try it.

MRS. J. W. TINSLEY

CRANBERRY PUDDING

Cream one-third of a cup of butter with one-half cup of sugar, add one or two eggs well beaten, mix one large teaspoon of baking powder with two cups of flour, add this to the first mixture with enough milk to make a stiff batter, add two cups of cranberries which have been floured with some of the flour already measured; turn into buttered mold and plunge into a kettle of boiling water, steam one and one-half hours. Serve with cream sweetened and flavored with nutmeg, or a cream sauce made as follows: Boil a cup of milk, beat the yolk of one egg, and a level teaspoon of flour, with a tablespoon of sugar; when the milk boils stir this into it and let cool; flavor to taste.

MRS. SOYSTER

FONDANT

Place in a stew pan two cups or one pound granulated sugar, one cup or one-half pint cold water; when the mixture commences to boil stir in lightly, one-fourth teaspoon cream tartar to prevent syrup from becoming sugary; (graining is usually prevented by covering kettle so that steam will wash back into the boiling mass

all the accumulations on the sides of the kettle,) boil rapidly without stirring, (should a crust form on top skim off,) test by dropping a little of the syrup in cold water, if it forms a soft ball, between the fingers it is done; pour quickly into a dish without scraping the kettle and allow the mixture to become luke warm; (again skim off any crust there may be on top.) Stir one way until it looks creamy; then work with the hands until the Fondant is fine grained; it will be of a finer texture if allowed to stand covered with a damp cloth from one to two hours, or longer if convenient; should the mixture seem rather hard, a little hot water may be added while kneading; if too soft it must be reboiled. This finished is the foundation for the great variety of cream bonbons.

MRS. O. H. STICKNEY

STUFFED DATES

Take fifteen cents worth of dates, split them down lengthwise with a knife and remove the seed; chop three-fourths of English walnuts, and mix chopped meats into a cup of Fondant, break off enough Fondant to stuff each date; press the opening together and roll in powdered sugar.

MRS. O. H. STICKNEY

Smead's Hair Tonic Co.

SHELDON, IOWA

Ireton, Iowa, June 17, 1899.

N. W. SMEAD, Sheldon, Iowa.

Dear Sir: I used the bottle of hair tonic prepared by yourself and I want to tell you that I have used a great many different kinds of tonics recommended for dandruff, but I have never found anything that has done the work that this one bottle of your tonic has done. I take great pleasure in recommending it to the public.

Very truly,

W. C. DUTTON,

Deputy Right Worthy Grand Chief Templar, I. O. G. T.

Trial Bottle Sent Postpaid For 75 Cents

Pickles



In making pickles use none but the cider or home made vinegar; keep them in glass, wood or stoneware; never in metal. Stir pickles occasionally and if there are soft ones take them out; scald the vinegar and pour it hot over the pickles. Keep them well covered with vinegar. When scalding the vinegar over put a large handful of sugar to each gallon. Do not boil vinegar or spice over five minutes.

MUSTARD. Two quarts each of ripe cucumbers, small string beans and green tomatoes sliced, one-half dozen small sharp peppers sliced, one dozen sweet peppers sliced, one quart of small white onions, two dozen very small cucumbers, one head of cauliflower, one quart of celery, one pound of sugar, one-half pound of English ground mustard, two teaspoons of turmeric powder; salt the beans, tomatoes, peppers and onions, and let them stand under Pressure for twelve hours; make a pickle for cucumbers and cauliflower and pour over them, let them stand twelve hours; mix everything well; put some water and vinegar on the stove to heat, after which put the cucumbers, beans, onions and cauliflower in and scald about twenty minutes, then pour in a steamer and let drain. Mix everything well in a large kettle excepting the turmeric, and boil one hour, as soon as it is lifted from the stove, add the turmeric, mixing it thoroughly.—Mrs. D. Heastand

PICKLES. Colander sliced green tomatoes, colander of peeled and sliced green cucumbers, colander of peeled and sliced silver onions, two double handfuls of salt; let stand twenty-four hours, drain through a sieve; use one-half ounce of celery seed, one-half ounce of whole allspice, one teacup white mustard seed, one-half teacup of whole black pepper, one tablespoon turmeric, one pound of brown sugar, two tablespoons of ground mustard, one gallon of vinegar; add vinegar, turmeric, and sugar, heat very hot and pour over pickles; scatter seed through in layers. Mrs. O. H. Stickney

CRAB APPLE PICKLES. Steam until they can be pierced with a silver fork; use one full quart of the very best pure cider vinegar to three pints of sugar; boil to a thin syrup, then skin and add fruit; spice with whole cloves and cinnamon bark to taste. Add spice to sugar and vinegar, and boil apples in this five minutes, put in a jar. If necessary, in a few days pour off this liquor and boil down thicker; this is the formula for any fruit pickles.—Mrs. J. A. Brown

WATERMELON. Slice the watermelon about one and one-half inches wide, cut off the outer rind and the inner part back to the solid. Cut the strips two inches long, the thicker you can have your pickles the more solid and brittle they are, cover with salt water and boil until tender enough to pierce with a broom straw. To one cup of vinegar, add three cups of sugar and one tablespoon each of whole cinnamon and cloves, let boil five minutes. When melon is cooked drain a few moments and add to vinegar, let boil ten minutes; put in jar. This amount of syrup ought to make two quarts of pickles. Syrup should be turned off and heated twice before cold weather. More pickles may be added at any time if the above directions are followed and all the syrup is heated again; always put the fresh made pickles in the bottom of the jar.—C. M. P.

GREEN CUCUMBER PICKLES. Take nice, small, green cucumbers and pack them in a clean jar, pour over them a weak scalding brine; made with one-half teacup salt to two quarts of water; do this each alternate day until pickles have been scalded three times, drain, scald vinegar, pour over hot, prepare each lot of pickles this way until you have all you wish for winter use; then take fresh vinegar, add one teacup sugar to every two quarts vinegar, also two tablespoons each of cloves, cinnamon—whole or the essence; scald all together, pour over the pickles after they have been well drained. Pickles prepared this way will keep a year.—Mrs. F. S. Plumb

ONIONS. One peck of small onions, pour over boiling water to cover, peel, cover with brine made with one-half cup of salt to a gallon of water, let stand twenty-four hours, drain, cover with the same amount of brine, stand another twenty-four hours, change again and stand another twenty-four hours, drain dry, put into two quart glass cans, scald one gallon vinegar, add two tablespoons of whole black pepper, two tablespoons sugar, two cents worth root ginger to be broken before using, two tablespoons allspice, lump of alum the size of a hazel nut, boil these all together with the vinegar, and pour boiling hot over the onions; screw on the top and you have pickles fit for a king, will keep indefinitely.—Mrs. A. R. Coleman

WATERMELON. Peel green from rind of a medium sized melon, also all the core, cut in four inch long strips, soak over night or twelve hours in a brine made from one teacup salt to one gallon of water, the rinds should be covered with the brine, drain, cook in clear water until you can thrust a toothpick through them easily, have ready another granite or porcelain kettle with two quarts of vinegar and one cup of sugar, boiling hot, dip out with a skimmer, dip out into a colander the melon rinds, then put them in hot vinegar, boil five minutes, put in a spoonful each of cloves

and cinnamon essence, let boil; take out into glass cans, when cool put on top, set in a cool dark place, when the pickles are put into the cans there must be enough vinegar put in with them to cover; these made this way will keep all winter unless you eat them before.—Florence Nelson.

SWEET APPLE. Steam seven pounds pared and cored sweet apples two pints vinegar, four pounds light sugar brown. Put in a thin muslin bag one teaspoon each of cloves, cinnamon, and nut meg; put these ingredients into a granite or porcelain kettle, let boil, while hot pour over the apples which have been steamed enough so that a toothpick will penetrate them easily, put them into an earthen jar while hot.—Mrs. J. E. Van Patten.

CARROT. Clean carrots well with brush, scrape off the skin, boil in salted water until tender. Dressing: one cup of vinegar, two tablespoons sugar, boiled until sugar is dissolved, slice the carrots lengthwise if large four times, if small twice. Pour the dressing over them, let stand. Very nice when cold. String beans are very nice fixed the same way.—Mrs. M. W. Eldridge.

MUSTARD. One peck cucumbers, one quart small onions, put with the cucumbers and pour a weak brine scalding hot over them, cover and let stand twelve hours, pour off the brine and add a sufficient amount of weak vinegar to cover, add one teaspoon of powdered alum to the vinegar, cover and let stand twenty-four hours; then scald the onions in water to which some salt has been added. Drain both cucumbers and onions and put in jars dividing onions equally with cucumbers; put one gallon of vinegar (white wine is best) on to boil, add to this one pound of light brown sugar, mix together one-half pound ground mustard, and one cup of flour, wet with cold vinegar, and add it to the cold vinegar; let boil five minutes, pour over the pickles in the jar and seal immediately.—Mrs. Hattie Hurd.

CUCUMBER PICKLES WITHOUT VINEGAR. Soak cucumbers in water over night. First in the jar to be used put a layer of grape and cherry leaves and dill. Then a layer of cucumbers, alternate these layers until jar is full. Fill with salt water somewhat stronger than is used in cooking vegetables; put on a weight. They will be ready for use in two weeks but will not keep through the winter.—Mrs. Paul Fiebig.

CUCUMBER. Place in jar very small cucumbers, with small onions and a few roots of horse radish, sprinkle with salt, pour over boiling water; next day drain and pour over boiling vinegar to which has been added a tablespoon of sugar; repeat latter process every three days, for one month. During this time new cucumbers may be added.—Mrs. Kate Powers.

SALAD OIL PICKLES. Cut one hundred cucumbers into

thin slices, salt down for three or four hours, then drain off all liquid; mix with the cucumbers three pints of small onions sliced thin, one-half cup whole pepper, one cup mustard seed, one cup celery seed; dissolve a teaspoon of powdered alum in vinegar, add two cups of Italian salad oil, mix well with the pickles; cold vinegar to cover. These pickles will keep well in open jar.—Mrs. H. T. Thompson.

EASY MADE. Gather young cucumbers of uniform size wash well and put into glass jars, covered tight, then bring good vinegar to a boiling point, turn over the cucumbers and seal.

MIXED. Three hundred small cucumbers, four green peppers sliced fine, two large or three small cauliflowers, three heads of white cabbage shaved fine, mix large onions sliced, one large root of horse radish, one quart green beans cut one inch long, one quart green tomatoes sliced; put the mixture in strong brine twenty-four hours, drain three hours; then sprinkle over one fourth pound black and one fourth white mustard seed, also one tablespoon black ground pepper, let it come to a good boil in vinegar enough to cover it, adding a little alum; drain again and when cold mix in one-half pint of ground mustard, cover the whole with good cider vinegar. —Mrs. J. L. Reilly.

BEANS. Cook string beans until tender in salt water; put into jars. To a scant quart of vinegar use a large tablespoon of white mustard and two-thirds cup of sugar; when this is boiling turn over beans and seal jar.—Mrs. Enoch Oldham.

BEANS. One gallon of beans, one gallon of vinegar, one ounce of cloves, one ounce allspice, one-fourth pound of black pepper, one pound of brown sugar. Boil beans in salt water until tender, put in a jar and scald the vinegar and spices, then pour over and repeat next day, and again if necessary.—Mrs. Dixon.

RIPE TOMATOES. After washing prick them with a fork and place in the jar; use vinegar enough to cover (now turn this out again as it must be boiled). For two gallons of pickles use three cups of sugar, a large tablespoon each of whole cloves and cinnamon, add to vinegar; boil these ingredients and let them cool before pouring over tomatoes; seal up and in two weeks they are ready for use.—Mrs. Enoch Oldham.

TOMATO CATSUP. Four quarts of strained tomato juice, four tablespoons of salt, one of black pepper, four of ground mustard, one of allspice, one teaspoon each of cloves and red pepper, one pint of cider vinegar; cook one hour, stir often.—Mrs. Fairbank

CHILI SAUCE. Twelve large green tomatoes, four green peppers, four large onions, two tablespoons of salt, two tablespoons of sugar, one teaspoon cinnamon, three cups of vinegar; chop ingredients fine and boil one hour and a half.—Mrs. J. W. Hicks.

CHILI SAUCE. Twelve large ripe tomatoes, three green peppers, two onions, two tablespoons of salt, half cup sugar, one tablespoon cinnamon, three cups vinegar; chop fine then add vinegar, sugar, salt and cinnamon; boil one and one-half hours.—Mrs. E. B. Hill.

YELLOW CHOW CHOW. One quart green tomatoes, (cut fine all the ingredients, do not chop) one quart cucumber pickles (small ones), one quart ripe cucumber pickles, one quart cabbage and cauliflower (one-half of each), one quart onions, six green peppers, put all in a crock and pour boiling hot brine over it and let stand twenty-four hours; three quarts vinegar, six tablespoons dry mustard, one teaspoon red pepper, one cup brown sugar, one cup of flour stir this with part of vinegar, ounce of tumeric, boil all this dressing together, pour off the brine and pour over the mixture boiling hot. Keeps perfectly in a stone crock.—Mrs. G. A. Gibson.

CLOVER VINEGAR. Put a large bowl of molasses in crock, and pour over it nine bowls of boiling rain water; let stand until milk warm, put in two quarts of clover blossoms and two cups of bakers yeast; let this stand two weeks, and strain through a towel. Nothing will mould in it.—Mrs. Col. Darnell.

TOMATO CATSUP. In making tomato catsup slice the tomatoes into a colander or sieve and sprinkle with a little salt after which let stand a few hours to drain. The juice or water will drain off and then the catsup will be thick without the "boiling down" process. When drained put the tomatoes into a granite kettle, mash and stir until well heated then put through a colander or sieve to remove skins and seeds. Put the pulp on stove, add a very little vinegar and a little ground cinnamon also a little sugar. Stir until it begins to boil then seal up in pint glass cans. This is an excellent relish while it is a better color and more easily digested than the highly seasoned catsups. Do not put too much salt on when slicing the tomatoes, taste the catsup and see if it needs more at the last.—Sarah W. Whitney, Waterloo, Iowa, proprietress of the state Woman's Standard.

SALTED CHERRIES. Put ripe cherries with the skins on into jars; to one pint of vinegar add two pints water and one tablespoon salt. Cover cherries and seal.—Mrs. W. C. Kemper.

GOOD VINEGAR. Twenty-five cents worth of brown sugar to four gallons of luke warm water, add vinegar plant. Set in a warm place either in sun or behind the stove.—Mrs. Annie Lias.

PICCALILLA. For two gallons of green tomatoes chopped, use one head cabbage, eight onions, four peppers, two ounces celery seed, two-thirds cup mustard seed; put into a jar and cover with vinegar, salt enough to taste well.

GOOD VINEGAR. Take honey combs after honey is removed cover with rain water, cook till clear, skim, add water until sweet enough (which will be about as sweet as four teaspoons of sugar would make a cup of water.) Put in keg and place a bottle on top with mouth over the hole. Set in sun till sour.—Mrs. Paul Fiebig.

SPICED CURRANTS. Five pounds currants, four pounds sugar, one pint vinegar, four teaspoons each of cloves and cinnamon. Boil three hours.—Grandma Chase.

GRAPE CATSUP. Eight pounds of grapes, four pounds of sugar, one pint of vinegar, one-half teaspoon salt, one teaspoonful cinnamon, cloves, allspice, and pepper; boil the grapes and put through a colander, cook until it sticks.—Miss Nellie Walsmith.

BEVERAGES

COFFEE. First of all have best coffee you can get ground medium fine, Mocha and Java mixed half in half is very good. To each person, use one dessert spoonful of coffee. Have coffee pot very clean, a porcelain or earthen one is best. Put the coffee in the pot, put in just enough egg to moisten it, stir all well together, add enough cold water to wet it good, about one-half spoonful of water to each spoonful of coffee, stir well. Pour boiling water over this, as many cups as you have spoons of coffee. The water should be freshly drawn and freshly boiled, set on fire and let boil up once, watch it closely, remove as soon as it boils, to a warm place and it is ready to serve. Coffee is like everything else, everything must be good and fresh or you cannot get good results.—Mrs. Millard Logan.

CHOCOLATE. One pint water with one-quarter cake of Baker's chocolate, put chocolate in water and boil until dissolved, add one pint of sweet milk and let heat, sweeten to taste. This will keep a number of days in a cool place, and is better when warmed over.—Mrs. P. M. Casady.

FRAPPE. One dozen each of oranges, lemons, bananas, two boxes of fresh strawberries, four cups sugar, juice of lemons, and juice of eight oranges, peel eight bananas, run through the fruit squeezer, select out one-half box of the very nicest strawberries, run the balance of the berries through the fruit squeezer and put these juices all together in an earthen jar or dish; add four cups sugar; the remaining four oranges and four bananas are peeled and cut in small pieces, the bananas thinly sliced, the half box of selected strawberries hulled and added whole. Stir all together till the sugar is dissolved; add just water enough so you will have ten quarts of the whole mixture. Cool with cracked ice; this makes enough frappe for fifty persons, and is simply delicious. Should you wish to make for a smaller party, you can of course use less fruit; when you cannot get strawberries, you can substitute cherries or other berries, sometimes the canned berries are used.—Mrs. C. L. Dixon.

RASPBERRY SHERBET. Two quarts raspberries, one cup sugar, one and one-half pints of water, the juice of a large lemon, one tablespoon gelatine; mash the berries and sugar together, let them stand two hours. Soak the gelatine in enough cold water to cover, add one pint of water to the berries and strain, dissolve the gelatine in one-half pint of boiling water add this to the strained mixture and freeze. This is nicest with red raspberries.—Mrs. J. B. Wilsey.

Preserves Jam and Jellies



CANNING FRUITS. When you wish fruit to retain its shape like strawberries, pickled peaches, raspberries, sweet pickled apples, etc., put it into syrup made of sugar and water; this thickens them. When you wish the skins to be soft as in plums, cook the fruit well before you put in the sugar. Peaches can be peeled like tomatoes if boiling water is poured over them and let stand for a few minutes.—Mrs. Whitney, Waterloo, Iowa, *Proprietor Woman's Standard*.

PLUMS. Put plums on to heat with water to nearly cover them; stir gently a few times so that all will cook. When most of them have cracked open, drain off this water and set the plums back on the stove, and put in a little water and plenty of sugar; in this way the skin will be tender and the sauce mild. Use the water poured off either for making jelly or put it in plum butter. If these plums are wished for preserves add as much sugar as there are plums; boil until tender and juice is thick enough. If you first desire canned plums, add less sugar.—Sarah W. Whitney, Waterloo, Iowa.

PLUMB BUTTER. Time and material will be saved in making plum butter if you cook or rather heat the plums as above; then drain off the water and press the stones out one by one; then you can put the rest of the plums through a colander very quickly and mash easier than before seeding. Use half and half sugar for butter, and boil until when a spoonful is taken out on a plate no moisture will run on the plate; this is very thick butter. Watch closely while boiling for it is easy scorched and this spoils it.—Sarah W. Whitney, Waterloo, Iowa.

TAME PLUMS. After washing plums, fill glass jars with them, press in tight, put covers on loose, set the jars in the wash boiler with cold water enough to nearly reach the top of jars; after the water begins to boil, let it boil one hour. Be sure and place under the jars wire arrangements or excelsior to keep from breaking jars while cooking the fruit. Make a syrup of sugar and water, allowing two cups of sugar to one quart of plums; let boil until clear and pour over fruit when done. Seal tight.—Mrs. Mastick.

PEACHES. First pare them and take out the stones. To every pound of peaches, allow one-third of a pound of sugar. Make a thin syrup, boil the peaches in the syrup till tender, but not till they break; put them in an earthen dish, and pour the syrup over them. Put them in a dry cool place and let stand two days. Then make a new rich syrup, allowing three-quarters of a pound of sugar to one of fruit. Drain the peaches from the first syrup, and boil them until they are clear, in the last syrup. The first syrup must not be added, but may be used for any other purpose you please, as it is somewhat bitter. The large, white cling-stones are the best.—C. M. P.

PEACHES. Make a syrup of one pound of sugar to one pint of water; let boil ten minutes and skim, then take it off and stand aside to cool; pare and halve the peaches, and pack them in jars very tight; now pour over

them the syrup, put on the covers but do not screw tight; put jars in cold water and after it begins to boil, let boil fifteen minutes. Be careful not to let the jars set flat on the bottom of cooking utensil, put excelsior or some of those wire arrangements which can be purchased for that purpose under the jars. As jars are taken from water wrap quickly with a cloth to prevent breaking; fill them up with hot syrup if necessary. Seal.—Mrs. Brown.

STRAWBERRIES. After berries are picked over, add one small cup of sugar to one quart of berries; let them stand five or six hours or even over night, then turn the liquor off and put on to heat; when it is boiling drop in the fruit. When this is thoroughly heated through, put in cans and seal tight.—Ida Edgerton.

GOOSEBERRY JELLY. Stem and wash; cook the gooseberries, covered with water, until they crack open; turn into a cloth, raise the cloth over a dish let as much juice as will, run out without squeezing; then put the berries that are in the cloth into the kettle, with the proportion of one part sugar to two parts berries, and boil slowly until thick, stirring frequently so they will not burn.—Mrs. Paul Mahler.

GREEN APPLE JELLY. After peeling apples, put on to cook with enough water to cover; when tender, pour the juice off and strain this very carefully; add one-half the quantity of sugar, and boil rapidly till done, which can be determined when lifted with a spoon, if it strings or falls in threads; another way to tell is, keep boiling over a steady fire and when jelly is done, it foams and rises in kettle. This is a test for all jellies.—Ida Edgerton.

GRAPE MARMALADE. Pick from the stems, cover with water and cook; when tender, remove from stove and when cool press through colander; add as much sugar as there is pulp, cook slowly for about three hours. Will keep in open jar.—Mrs. Roberts.

BLACKBERRY JAM. Look over carefully, nice fresh blackberries, wash well. Take as much sugar as you have fruit, put it in a granite or porcelain kettle, put on just enough water to wet it, stirring from bottom so that it will not burn, skimming often until the sugar is a nice syrup, put in the berries, cook for one-half hour or until it is nice and thick, remove the scum, when done put in glasses or jars and run melted white wax over it after the jam is cold. Any kind of fruit can be put up in this way.—Mrs. R. P. Scott.

CANNED CORN. Cut the corn off the cob, cook in plenty of water. To every six quarts of corn add one ounce of tartaric acid dissolved in a little hot water; put the acid in while cooking; measure the corn before cooking; to prepare this for the table you should pour off the sour water, save it and put on fresh cold water; to a quart of corn, add a small teaspoon of soda, let it stand a few minutes before cooking; while cooking, put in a teaspoon of sugar; there is danger of getting too much soda. If you should and the corn turns yellow pour back some of the sour water, and it will turn white again; a tablespoonful will likely be enough.—Mrs. J. P. Carpenter, Mt. Pleasant, Ia.

BLACKBERRIES. Prepare the jars, by scalding both jars and covers; have them wet on the outside as well as the inside when the hot fruit is put in. Pick over and wash the berries, allow three-fourths cup of sugar, to

one quart of fresh berries, if early blackberries (called by some dewberries,) one-half cup of sugar is sufficient; put the sugar in granite preserving kettle to heat, moisten it with water, when it is boiling rapidly, add the berries, allow two quarts of fresh berries for one quart after they are canned; after it begins to boil, begin dipping into the can; have this setting in a dish of water, or on a wet cloth; have fire enough under the fruit, so that when the can is full, all the berries have boiled well for over one minute; seal tight immediately. Turn the cans over to insure no leakage.—C. M. P

PIE PLANT. Prepare as for pies, cooking very tender and fine, then can. If you wish to can it cold, do not cut the stalks in small pieces, or peel it, but put them in the jars, pour on cold water, seal.—Mrs. T. Andrews.

PIE PLANT JAM. Wash and cut in inch lengths, without removing the skin. To one pound of pie plant add three-fourths pound sugar, put it into a jar (don't stew), let stand twenty-four or forty-eight hours, then cook one hour, or until as thick as desired. Use ginger root or lemon to flavor. A very little of the root is required.—Mrs. Cowie.

RED RASPBERRY JAM. After looking over the berries carefully, mash lightly; take one cup of fruit, two-thirds cup granulated sugar, put together in granite iron or any good preserving kettle, never tin; stir thoroughly, place on stove being careful to stir often; after boiling about thirty minutes take a small amount in a sauce dish and try with a spoon, if the juice begins to thicken it is done, yet it might be as well to try a little sooner; (as much depends upon the ripeness of the fruit,) if boiled too long it will not retain a pretty bright color; put in small glass jars and seal; it is best covered tightly in glasses; never keep in damp cellar. This receipt can be used in making any other berry jam, or by leaving the fruit whole will make good preserves.—Mrs. D. S. Ling.

GOOSEBERRY JAM. After picking over berries, put twelve cups of fruit on stove with two cups of water, cook until very soft; then strain through a sieve, add six cups of sugar, cook until dark reddish brown. For a change you can use cinnamon or any spice preferred.—Mrs. P. B. Peters.

ORANGE JELLY. One box of gelatine, one cup of cold water, let stand fifteen minutes; add one quart of boiling water, stir until smooth; to one cup of sugar add the juice of one lemon and three oranges; put in a cloth and strain, but do not squeeze; add to other ingredients. Pour in mold, set on ice.—Mrs. Mary Smith, Philadelphia, Penn.

CURRANT JELLY. Four quarts fresh currants, (not too ripe;) pick from the stems and wash; cover with water and add a pint of water besides; cook about fifteen minutes, strain through a cheese cloth, (but do not squeeze or your jelly will be cloudy.) Take equal parts of juice and sugar, boil twenty minutes, have a pan ready with an inch of cold water in it; put glasses in the water and pour jelly in slowly.—Mrs. J. W. Tinsley.

DRIED FRUITS. Nearly as good as canned fruit. After the fruit has been washed, put in warm water in a granite dish or earthen jar, where it will keep hot but not boil, for twenty-four hours. Let it boil fifteen or twenty minutes, adding a cup of sugar to a quart of fruit, more or less, according to the tartness of the fruit. When cooking prunes, add at the boiling time a few cloves or a teaspoon of clove essence, and one lemon to a pound of fruit. Dried apples put through a colander with a little lemon

added are very good. Dried peaches can easily have the skins slipped off, after soaking for an hour in hot water; treat in same manner as other dried fruits, or spice as follows: At the boiling time add one cup vinegar, one cup sugar, one teaspoon of whole cloves or clove essence, to one pound peaches; boil one-half hour.

GRAPES. Take nice fair grapes on the stems, wash carefully, and place in glass jars; turn on them boiling water, and let stand till the water begins to turn pink; now turn water off grapes; then have ready a rich boiling syrup of white sugar and water; turn on the grapes till covered then seal tight.—Mrs. O. H. Stickney.



CONFECTIONARY

CREAM CANDY. The whites of two eggs beaten to a stiff froth, enough powdered sugar to make it stiff enough to mold into cakes the size of chocolate creams, flavor with one tablespoon of wintergreen or any preferred flavor—mold into cakes and put one-half English walnut meats on top. Stand aside for two hours or longer to harden.—Mrs. C. B. Brownlow.

MAPLE CREAMS. Two cups brown sugar, three-fourths cup sweet milk, lump butter size of an egg, one-half teaspoon any kind of preferred flavoring; boil all together fifteen minutes; remove from the fire and beat until creamy, pour onto buttered plate and smooth down; stand aside to harden, cut into squares.—M. P. and L. L.

CHOCOLATE FUDGES. Four squares Baker's chocolate, four cups sugar, cup sweet milk, butter size of an egg; put the milk on the fire, add the sugar, and chocolate sliced; when this boils add butter, boil all ten minutes, then remove from fire, add one-half teaspoon vanilla, and beat until the consistency of thick cream; then pour on buttered plates to cool, cut in small squares and eat.—Grayce Houck.

MAPLE SUGAR FUDGES. Take one cake of maple sugar, one and one-half cups sweet cream, butter size of walnut, about one-half pint chopped nuts—Almonds; cook all together until stringy, then take off stove and beat until cold; pour in greased plates, put in cool place. Some use flavor.

VINEGAR CANDY. Two cups of granulated sugar, three-fourths cup of vinegar, one-fourth cup of water, butter size of an egg, one teaspoon of vanilla; boil until it hardens when dropped into cold water; then pour on buttered tins to cool and pull.—Elta Reynolds.

FUDGES. Two cups of granulated sugar, one cup milk, one small square cake of Baker's chocolate, butter the size of an egg, one teaspoon of vanilla; boil sugar and milk together until it hairs; then add butter and chocolate and let boil up once; take from the fire, add vanilla and beat constantly with egg beater until it begins to thicken. Have ready your buttered plates, pour in quickly; when about half cold take a knife and cut in squares.—Bessie Tinsley.

A SIX COURSE DINNER

Mrs. Carrie Chapman Catt, Pres. Nat. A. W. S. A.

COURSE ONE

CELERY SOUP. One quart milk, one tablespoon butter, three even tablespoons flour, one pint water, three roots of celery, piece of onion, one egg, salt and pepper to taste. Cut the celery into small pieces, using all the tops and the root; cover with a pint of water, boil thirty minutes, press through a colander; put milk into a double boiler, add the water and celery pressed through the colander, also the onion and one bay leaf; rub the butter and flour together and stir into the hot soup, stirring until it thickens, add salt and pepper, remove the onion and stir in a well beaten egg. Serve immediately.

COURSE TWO

CHEESE COQUILLES. Six tablespoons grated cheese, one cup milk, two tablespoons butter, one teaspoon corn starch, four eggs, salt and pepper. Heat the milk (with a pinch of soda,) thicken the corn starch and stir in the eggs thoroughly beaten; while hot add butter, pepper, salt and cheese; beat well and pour into greased baking shells; bake in a quick oven about fifteen minutes or until light brown. Serve as a separate course with dainty lettuce sandwiches.

COURSE THREE

STUFFED PEPPERS. Cut off the stem end of the green peppers and set aside; remove the seeds and middle portion. Prepare a force meal by chopping very fine any cold meat on hand, lamb, veal or chicken prepared and mixed with bread crumbs, which have been thoroughly dried in the oven and rolled fine with a rolling pin; season highly with salt and tomato catsup; use no pepper. Stuff the peppers with the preparation, replace the ends which have been removed and bake in a quick oven for twenty minutes or half hour. These may be served as a separate course or with beef steak or roast beef.

THE DINNER PROPER. COURSE FOUR

ROAST TURKEY OR CHICKEN. The amateur cook will succeed better if she will prepare the turkey for baking, and then steam it thoroughly in a large steamer; it should be steamed until the flesh begins to crack away from the leg bones; it may then be put into the oven or set one side and baked the next day. This process prevents the meat from becoming dry and juiceless. The force meal should be carefully made, but if this recipe is followed strictly, it will never be heavy or indigestible. Dry stale bread in the oven until it is crisp and hard, then crumble in a bag pan; mix equal quantity chopped apples, add, (for a large turkey,) one cup grated cheese; season with salt, pepper and thyme; sage may be used but the flavor is not so delicate; summer savory is quite as good for the purpose as thyme. Pick, wash and dry the turkey, stuff well both cavities, sew the skin in shape, fastening the legs and wings in place with skewers and all is ready. When steamed rub the skin with salt and butter and bake. The "giblets" may be chopped and added to the gravy or they may be added with force meal if prepared.

POTATOES A LA PYRAMID. Mash a sufficient quantity of potatoes to supply one meal; season as usual with salt, pepper, butter and milk;

while warm make into little pyramids. Forms may be used or it can be done successfully with a knife; dip the knife in cold water if it sticks. When shaped, paint with the well beaten yolk of an egg and bake until they are a golden brown.

FRIED EGG PLANT. Cut the egg plant after peeling, into round slices about one-eighth of an inch in thickness. Dip each slice into a beaten egg, diluted with water in equal parts, and seasoned with salt and pepper. Then dip into finely rolled bread crumbs. Have fat on the stove as for doughnuts, test with a bit of bread to discover when hot enough to use. Fry the slices until brown. Serve as a side dish with meat, covering each slice with a generous sprinkling of tomato catsup.

CORN PUDDING. Six ears young corn, two eggs, one-half pint milk, salt and pepper. Cut the corn from the cob, mix with the yolks of the eggs thoroughly beaten, season well with salt and pepper, add milk, stirring thoroughly. Butter a pudding dish lightly and stir in the mixture, having added the whites of the eggs the last thing. Bake from forty minutes to an hour. Serve with meat as a side dish.

COURSE FIVE

SALAD. Boil small beets. Fashion into baskets with a sharp knife, removing the middle. Chop celery very fine, mix well with salad dressing, and stuff the beets with the mixture, place upon a dainty lettuce leaf, ornamenting with tiny, fancy shapes, cut from slices of boiled beet. A spoonful of mayonaise dressing placed upon the side will be relished by most people.

MAYONAISE DRESSING. Yolks of two eggs, one cup oil, two tablespoons lemon juice, two tablespoons vinegar, one teaspoon salt, one teaspoon sugar, one teaspoon mustard, pinch cayenne. Mix mustard, cayenne, salt and sugar, in a bowl; add yolks and beat well. Stir in the oil, a few drops at a time at first, using an egg beater. As the mixture thickens, add oil and lemon juice or vinegar alternately until all is used. The mixture should be stiff enough to hold its shape. If the oil is kept upon ice for some time before using, it will bring the result more quickly.

COURSE SIX

PINEAPPLE PUDDING. Cut from slices of stale bread with a small biscuit cutter, a quantity of shapes. Dip these in melted butter, line a pudding dish with them, letting each round rest upon the next. Cover the bottom as well as the sides. Fill with pineapple, either fresh or canned, saving the juice for the sauce. Cover the top with more pieces and bake in a quick oven, until the bread is a delicate brown. The pudding should turn out upon a platter, keeping its shape. The juice may be diluted with water, thickened with a little corn starch and served as sauce. If fresh pineapple is used it should first be stewed with sugar. Peaches or apples may be used in the same way.

COFFEE. For each person use a tablespoon of ground coffee. Beat an egg, add an equal amount of cold water. Pour two tablespoons of the mixture upon the ground coffee, which has been placed in the pot. Shake well and pour over it a cup of boiling water to each spoonful of coffee. Let the coffee come to a boil and set upon the back of the stove.

CHEESE CRACKERS. These may be served with coffee at the close of dinner, or with salad. Use brittle salt crackers, square or oblong; but-

ter well, sprinkle well with grated cheese, to which a good shake of cayenne pepper has been added. Place in the oven just long enough to melt the cheese. Serve hot.



MENU FOR AFTERNOON TEA

First Course: Ham salad on round slice of tomatoes, chopped olive sandwiches, cheese straws, water.

Second Course: Fruit salad served in orange cups, salted wafers.

Third Course: Cherry juice drink, cake.

MENU NUMBER TWO

First Course: Fresh unhulled strawberries, powdered sugar, water.

Second Course: Chicken salad on lettuce leaves, plain white and brown bread, butter, tea, cold ham.

Third Course: Ice cream, cake.

MENU NUMBER THREE

First Course: Salmon salad, potato balls, bread, butter, tea or chocolate.

Second Course: Cake, fresh fruit, water.

MENU NUMBER FOUR

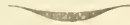
First Course: Chicken and celery salad, warm rolls, butter, coffee, cold tongue.

Second Course: Rich canned sauce, cake, cream puffs.

Third Course: Ice cream, macaroons, candies.

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HOME REMEDIES

EMERGENCY NON ALCOHOLIC REMEDIES

We hear much about "tiding people over" after exhaustive disease such as Peyer's, Pneumonia, Diarrhoea, &c. with "brandy, whiskey or wines." The object to be obtained being this, viz.: to propel a greater quantity of blood to different parts of the body so that the various functions are thereby performed more satisfactorily. Now what besides brandy or whiskey will do this, and thus save the danger lurking in their use?

1st. Hot water with a few grains of Cayenne Pepper.

2nd. Hot water, half a cup or less: Carbonate of Ammonia, 20 grains.

3rd. Hot water, $\frac{1}{3}$ or $\frac{1}{2}$ cup; Aqua Ammonia, 8 drops.

4th. Hot water, $\frac{1}{3}$ or $\frac{1}{2}$ cup; Aromatic Spirits of Ammonia, 20 drops.

Either of these fed hot in teaspoonful doses every 2 to 5 minutes, will rally as surely as brandy or whiskey.

In extreme cases give a large, hot enema. If necessary to prolong a stimulant, these may be safely continued for hours, but usually their use is suspended as the patient rallies. Food is then required. In place of the old-fashioned brandy mixture, egg-nog, panada, etc. give hot milk, hot black tea, or coffee nasweetened, made with hot milk instead of water. These will actually support the strength and rally the patient likewise.

CRAMPS IN THE STOMACH. Homeopathic Tincture of Colocynth, 3 drops; water, $\frac{2}{3}$ glass, mix, give teaspoonfull every 10, 20 or 30 minutes till better.

Where there is nausea, rejecting everything, then apply hot compresses to stomach and give hot enema, composed of soap-suds and 1 or 2 table-spoons of Castor or Sweet oil. Keep extremities warm. Chloroform also may be inhaled.

FOR PALPITATION. Immediate and permanent relief may be obtained by taking soda or vichy water.

To strengthen the heart where there is pain in that organ, Homeopathic Tincture of Cactus, 5 drops; water $\frac{2}{3}$ glass. Take a teaspoonful every 15 minutes, half hour or hour.

HEART FAILURE. Hot compresses over the heart with hot and cold compresses to spine between the shoulders, in alternation, every 2 or 3 minutes, vigorous massage of limbs and heat to the feet.

A few grains of Cayenne pepper in one tablespoonful of water will start action of the circulation in heart failure.

FAINTING. Place patient on the back, head low, elevating feet if possible. Hot applications to back of neck and over the heart, with cold to top of head and inhalations of Ammonia. Loosen clothing but do not give whiskey, fresh air instead. Patient will revive.

The above applications are likewise most excellent in convulsions of any kind.

STIMULANTS. Where a stimulant is needed for indigestion, flatulence, pain in the stomach or for emergencies the following remedies should be kept constantly on hand in place of brandy, gin or whiskey.

No. 1. Ammonia Carbonate, 20 grains; Pulverized Cardamon Seed, 1 small teaspoonful; water, $2\frac{1}{2}$ tablespoonfuls; Glycerine, 1 tablespoonful.

Place the Cardamon powder in an earthen cup or bowl and pour the

2½ tablespoonfuls boiling water upon it, cover tight and when cool, add the other ingredients. Dose: ½ tablespoonful every half hour or hour, lessen dose as patient improves.

No. 2. Ammonia Carbonate, 20 grains; Cinnamon water, 3 tablespoonfuls; Glycerine, 1 tablespoonful. Mix. Dose: ½ tablespoonful repeated every half hour or hour. A few grains of Cayenne pepper may be added to both the above if desired.

TO MAKE CAMPHOR WATER. Put an ounce of Camphor gum, broken, into 1 pint water. Bottle and shake every day. This will make a strong, saturated solution of camphor. Dose: 5 to 15 drops in hot or cold water. Valuable for Cramps, Cholera and Colds or as a stimulant. Renew water as used.

CHOLERA MORBUS, MONTHLY CRAMPS, ETC. Saturated solution of Camphor, 4 drops; Aqua Ammonia, 4 drops; hot water, ½ cupful. Take all in 1 dose, repeat as needed. Hot enema will be helpful, cover warm so as to perspire.

TO MAKE AMMONIATED SALT WATER. Spirits of Ammonia, 1 teaspoonful; Table salt, 2 tablespoonfuls; water, 1 quart. Apply with compresses to all inflammations, fevers, brain fever, swelling with inflammations, pain, serpent bites, stings of insects, rheumatic pains, gout, lameness, pneumonia. Also use for bathing head, surface, etc. in place of alcohol.

Avoid the so-called nonalcoholic summer-drinks. They are all dangerous, as they develop alcohol in a few days by fermentation.—Laura M. Wright, M. D., 72 W. 105th St., N. Y.

TREATMENT FOR BURNS. Cover with common baking soda or flour, and should the burn be very bad, at the end of one hour pour on sweet oil and bind cloth over.

RELIEF FOR WHOOPING COUGH. One-half pint rum and one-half garlic; put on spine two or three times a day.

A GOOD PREVENTATIVE OF DYSPEPSIA. Do not eat between meals; eat slowly, chewing the food well. Do not eat any kind of fried foods, pie, pork, neither drink coffee nor tea. It would be better to stop eating before you have quite enough than to eat too much.

CURE FOR BILIOUS COLIC. Drink a cup of as hot water as possible, and apply to the bowels and stomach a cloth wrung out of as hot water as possible with a dry flannel over it; or a hot water bag. This will give almost instant relief.

FOR LARYNGITIS. Wrap the throat in a cloth folded several times and wrung out of cold water, outside of this put a dry flannel. Do this on going to bed; then squeeze the juice from one lemon, sweeten with honey or sugar, and take a teaspoon frequently, or eat half of it on going to bed, and the rest in the morning.

COLD IN THE HEAD. Procure from your druggist crushed cubeb berries, roll in paper or put into a clean clay pipe and smoke, closing the mouth and letting the smoke out through the nose. The best time to smoke these is just before going to bed, as you must stay out of a draft for at least twenty minutes after smoking. This is also a very good remedy for catarrh; it has been known to cure cases of catarrh by smoking every night for a month; smoke each night one-half pipe full.

TO CURE HOARSENESS. To the white of an egg, add two tablespoos of white sugar or honey. Take one teaspoonful every half hour until relieved.

FOR EXTREME COLD IN THE HEAD. Grate a fresh nutmeg, put a pinch of this powder in each nostril, draw as far up in the head as possible; expel and repeat process with fresh powder until relieved, and the head is clear.

FOR DYSENTRY. Dose for an adult is one teaspoon of ginger, mixed with the well beaten white of one egg.

FOR SPRAIN OR BRUISE. Add one tablespoon of turpentine to white of a well beaten egg, apply.

TO RELIEVE PAIN. Bring to a boil one pint of strong vinegar, in which is one-halfcup salt; wet a flannel put over painful place, cover to keep warm.

BATH. There is nothing so invigorating or as good a preventative against taking cold, as the use of plenty of salt in the bath water. Soda in the bath water has a cooling sensation.

CURE FOR HOG CHOLERA. Three bushels wood ashes, one-half bushel slacked lime, one-fourth bushel salt, one bushel charcoal, five pounds sulphur, three pounds spanish brown, one and one-fourth pounds saltpetre, one-half pound of copperas; mix this well and keep a little around in the troughs.—H. M. Walsmith

TO CURE A FELON. Kill a frog, cut open immediately, and thrust the finger in while it is warm and yet retains the blood.—Grandma Robinson.

TO CURE BONE SPAVIN ON HORSE. Kill toads, and while fresh bind on, or else put them in grease, and set in the sun until they dissolve, and then rub ointment on spavin.—Grandma Robinson.

TO REMOVE ANY FOREIGN SUBSTANCE FROM THE EYE. Roll a small piece of paper between the fingers, place one end in the mouth to moisten. Run the moistened point around on the eye-ball and the speck will adhere to the paper.



LAUNDRY

WASHING FLUID. Get five cents worth of dry ammonia, five cents worth of salts of tartar, one can of Lewis lye; to these ingredients, add two gallons of water. Put in a jar and keep for future use.

HOW TO WASH, USING THIS FLUID. Soak the clothes over night; to the water in which they are soaked, add one cup of this fluid. In the morning, have the water in the boiler well soaped and boiling; wring out the clothes and put in boiler, let boil fifteen minutes; take out and run through the machine; possibly there will be some soiled places that will need a little rubbing. Suds, rinse and dry.—Mrs. Leverage.

EASY WASHING. Fill boiler half full of water, add to this one cake of salome shaved fine, then shave three-quarters of a bar of soap and add to the water, add the rest of the bar later in the washing; let the water come to a boil. Wring the clothes through cold water, and put them in the boiling suds and let them boil ten minutes, take out and suds through cold water and blue in rinse water; colored clothes wash easy through this suds little rubbing is required.—Mrs. S. S. Bailey.

EASY WASHING. Fill boiler three-fourths full of soft water, or if hard, cleanse it before beginning; then add one bar of any good laundry soap, three tablespoos of kerosene, two large tablespoos of Nine O'Clock Wash-

ing Tea; (this is but five cents a package procurable at grocery stores) let the water come to a boil, then add the clothes dry, and let them boil rapidly for fifteen minutes; pound when first put in with a tin suction pounder; (hardware dealers will make one for about 50c); take clothes out, suds and rinse, use salome bluing and clothes will be like snow. Possibly some very soiled places will need a little rubbing. Blood stains and mustard stains must be removed before boiling the clothes; fruit stains never mind; always looking for an easy way of washing, this is the easiest I ever found.—K. P.

EASY WASHING. Fill boiler with water, shave in a bar of Beate's-em-all soap, let water come to a boil; put a few clothes into washing machine and rub them ten minutes; wring out, put in boiler, put more into the machine; work ten minutes, proceed as before, about three rubbings in the machine to one boiler of clothes. When cooked enough in boiler, suds, rinse and dry. Very little if any rubbing is required. The secret is in having the water very hot when put into the machine; few clothes at a time and good soap.—Mrs. Brazzell

TO STARCH COLORED CLOTHES. Red or black calicoes can be starched without looking dingy, if coffee is strained into the starch until it is darkened; add bluing to the starch for blue calico.

BLACK LACE can be freshened by dipping into cold coffee and ironing dry, with warm, not too hot, irons. Black silk can be freshened the same way, ironing on the wrong side.

BLEACHING. Let goods stand in water over night, in morning wring and hang on the line. Repeat process until as white as desired.

BLEACHING. Three pounds of sal soda, two pounds chloride of lime, three gallons of rain water, put the soda in a vessel and pour the water on it; place it on the stove and thoroughly dissolve; after the sal soda is dissolved, put the lime into it. For use: Use one-third of this liquid to two-thirds of hot soap suds; all stains and mildew will be removed by this liquid as the clothes bleach.—Mrs. W. H. Walsmith.

TO FRESHEN BLACK LACE. One-fourth teaspoon gum arabic dissolved in one-half teacup of water, add one-half teaspoon black ink; dip lace in and squeeze out. Pick out edges and lay between black cotton cloth, and press with a hot iron.—Mrs. S. S. Bailey

If any that are troubled with their feet swelling and aching would get ten cents worth of oil of worm wood, and take one-half bucket of warm water as hot as can be borne, drop five or six drops of the worm wood in it, and soak their feet until water is cold; their feet would feel relieved, and they would thank the one who wrote these directions.

GENERAL INFORMATION

LACQUOR FOR SILVER AND RUSSIA STOVE PIPES. Grate one-half pound beeswax into one quart of benzine, let stand twenty-four hours in a bottle closely corked, shake well before using, apply with a cotton cloth. This put on the silver that is to be packed away for a time, and also on the Russia pipe, will keep it from tarnishing and rusting, any length of time; when you wish to use the pipe or silverware, rub with a woolen cloth, and your pipe or silverware will shine so you can see your face in them.

HOW TO CLEAN HAIR BRUSH. Make a solution of common baking soda, one heaping teaspoon to a pint of hot water; dip the brush in, bristles

down, so as not to injure the back, providing your brush has a fancy back, dip the brush up and down in the water until it is white and clean, rinse well in clear water, dry bristles down, in sun and air.—Mrs. H. W. Conant

TO REMOVE PAINT FROM GARMENTS. Take turpentine and use a soft cloth light color for light goods, dark color for dark goods. Dip the cloth in the turpentine, and rub the paint thoroughly, or in other words, use plenty of elbow grease.—Mrs. F. A. Buntley

WASH FOR THE HANDS. Fourteen ounces of soft water, two ounces of glycerine, two ounces of alcohol, one dram of gum tragacanth, two drams of cologne, soak gum in water over night, put it in a glass jar by the stove, then add the other ingredients, shake all together, and keep in a cool place. Very good for whitening and keeping the hands smooth.—Mrs. Etta Chase.

TO TIGHTEN COVERS ON FRUIT CANS. Tighten covers on cans when sealing fruit, by pounding on edge of cover; a three-cornered file is a good thing to use, for while one edge is on the cover, the other can be struck easily with a hammer. So many times, when canning fruit, after the can is filled and sealed up, if tipped up to try, it begins to sizz. This is very provoking when one is hot and tired. It can be remedied by above process.

TO KILL CABBAGE WORMS. Dissolve a lump of alum about the size of an egg, in one gallon of water. Sprinkle cabbages while sun is shining. Repeat process as often as necessary. To make cabbages head, sprinkle with salt.—Mrs. Spangler.

TO REMOVE GREASE FROM CLOTHING. Rub spot with a generous amount of buck wheat flour, place a warm iron over flour, heat it well, then rub hard; when brushed off if grease has not disappeared, repeat process.

COLD CREAM. Two ounces each of cocoa butter, white wax, spermacetti, oil of sweet almond; melt all of the first three over a slow fire; remove from the stove and stir in the fourth; beat until cool, and put away in small jars; mustard jars are a good size.

A suds from soap bark will clean the scalp and leave the hair soft and clean. So will Dermof foam.

TO DESTROY ANTS. Wet a sponge in sweetened water, put where ants come; when full put into hot water, take out, wet again in sweetened water, and so on.

To clean hair brushes and combs make a suds from common soap bark and wash them in it, or use soda.

To prevent moth from getting into boxes and closets keep camphor gum in them; also let sun and air into closets as much as possible.

TO TAKE GREASE OUT OF CARPETS. Sprinkle thick with buck wheat flour, rub hard, then brush off; if spot is not removed, repeat. If weather is cold, a warm flat iron will have to be placed over top to warm it and the flour.

TO WASH SILVER WARE. Save the water the potatoes were boiled in to wash your silver ware. Soap gives silver a pewter look.

FLOOR PAINT. One ounce of dry glue put into one quart of cold water, let stand all night. Boil; when it comes to a boil stir in one pound of yellow ochre. Have the floor very clean and dry; at night go over it with this paint while it is hot; the next morning go over the floor again with hard oil.—D. H. Moore

TO RELIEVE COUGHING. Hold a small potash tablet in the mouth letting it dissolve slowly.

RELIEF AND CURE FOR WHOOPING COUGH OR ANY COUGH. One cup flax seed, one quart water, two lemons, one cake of honey; slice the lemons, press the honey from the comb; put all the ingredients into a two quart granite basin, cook slowly for half an hour; remove from stove, strain, should this be too thick, add water. It should be thin enough to be readily swallowed; commence to give as soon as child shows symptoms of whooping cough, give teaspoonful every time after a coughing spell. This has been effectively tried, and a child will not cough more than three weeks and then not severely. Very good also for cough.

FOR NEURALGIA OF STOMACH OR BOWELS. A quantity of red pepper the size of a pea dropped in a few swallows of milk. This has been known to relieve neuralgia of the head and face. Take a few swallows of milk without the pepper after taking the milk with the pepper.

In poaching eggs, add a little vinegar to hot water to set the whites; the water should be salted also.

Tar may be removed from either hands or clothing, by rubbing well with lard, and then washing with soap and water.

Never throw water on burning oil; use flour.

CLEANING DRESS GOODS, CARPETS, ETC. Two ounces spirits of ammonia, two ounces alcohol, one ounce camphor, one ounce ether, one ounce shaved Castile soap, one quart rain water; shake well and apply with a brush until spot disappears.—Mrs. McCandless.

To take out iodine or ink spots, soak in buttermilk for twelve hours.

TO REMOVE PAINT FROM WINDOW GLASS. If the paint is very thick, scrape partly off with some sharp article; then scour with common wood or cob ashes slightly dampened. Use elbow grease.

TO EXTERMINATE BED BUGS. Tear paper off from room, sweep the floor very clean; then mop the floor with scalding suds in which is plenty of lye; put water on thick and while damp, burn one fumigator for a small room or two for a large one, closing the room very tight, and let it remain forty-eight hours. Fumigators are cheap and can be bought at any drug store. If bugs are on beds, set these in the room. No bugs will appear if this is done properly.

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